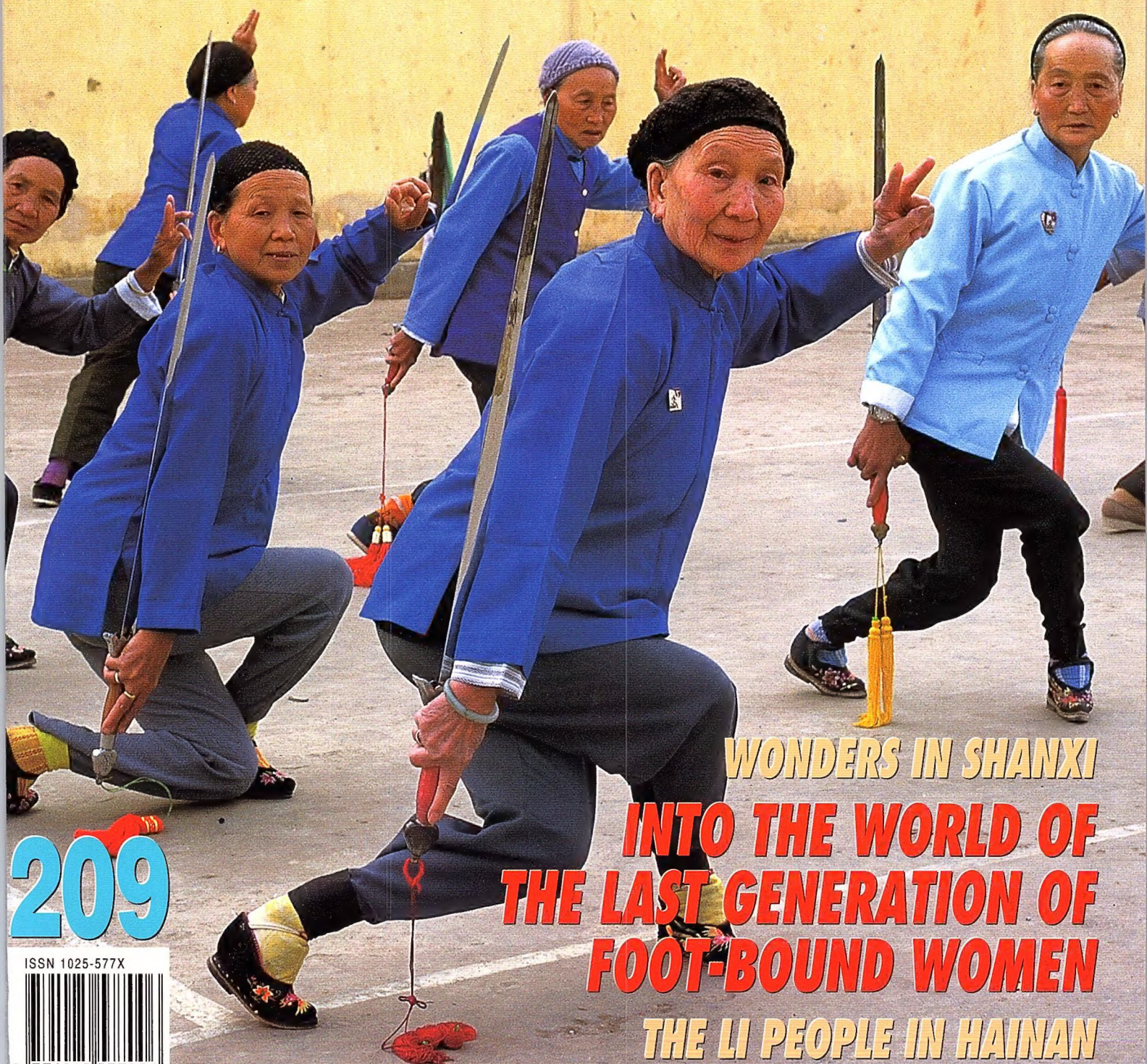


DECEMBER 1997

PRICE: HK\$38

# China

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**INTO THE WORLD OF**  
**THE LAST GENERATION OF**  
**FOOT-BOUND WOMEN**  
**THE LI PEOPLE IN HAINAN**

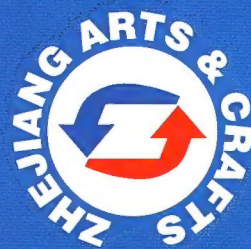
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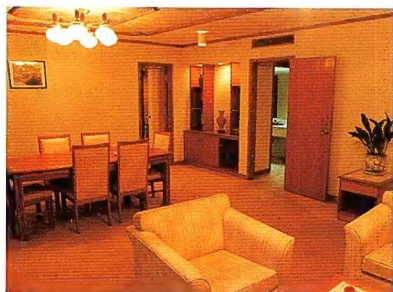
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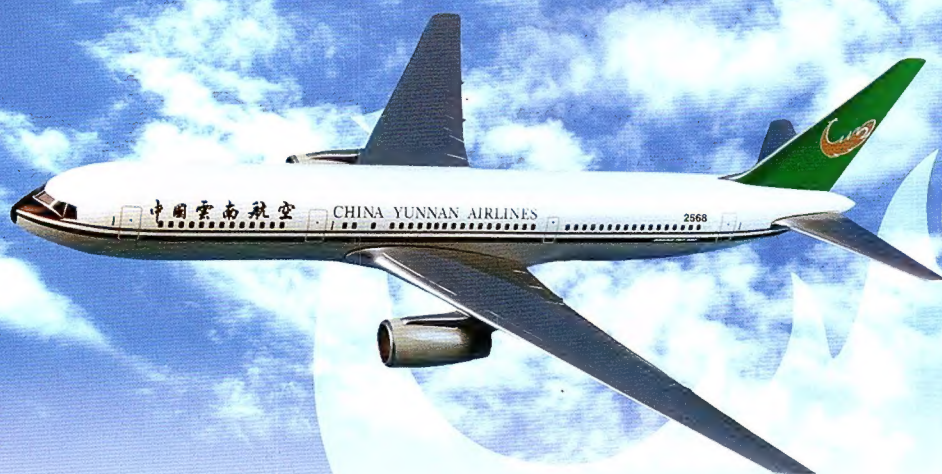
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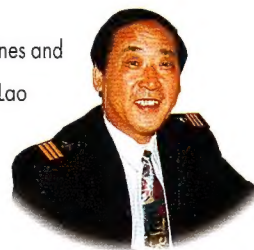
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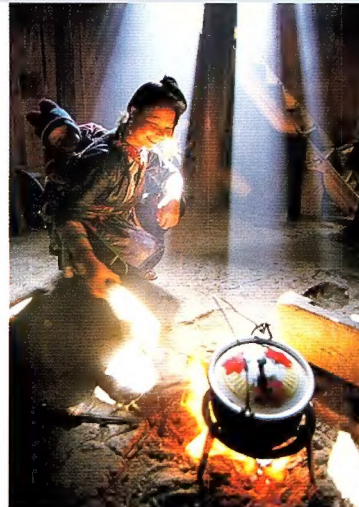
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*Photos by Xie Guanghui*



## LANDSCAPES

### A Scenic Village in the Embrace of Nature

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*Photos & Article by Xie Guanghui*

In Longsheng County, Guangxi, there is a hill called Dragon Back Ridge. Besides the luxuriant green of cypresses, pines, bamboo plants and many varieties of bushes, the mountain slopes are also covered by terraced fields of various sizes and shapes, which change the hill into different colours as the plants grow and ripen. The most charming scenery is found in May when the fields are filled with water and reflect the sunshine like mirrors.



## HIGHLIGHTS

### A Journey into Paradise, Hell and the Mundane World

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*Photos by Li Zhixiong Article by Li Xu and Huang Yanhong*

Shanxi is known as a museum of cultural relics. Its numerous temples, grottoes, scenic spots and places of cultural and historical interest are arrayed in such a fashion that a trip from north to south is like a journey from the Paradise of Buddhism to the mundane world by way of Hell.



## DISCOVERIES

### Liuyi Village – the Last Home of Ladies with Bound Feet

34

*Photos & Article by Zhang Xinmin*

What has made Liuyi, a remote village in Yunnan Province, famous is the existence of its 300 foot-bound elderly ladies. Although these women have gone through many hardships as the victims of a by-gone era, they remain optimistic and enjoy a happy old age, and have thus injected their village with vitality and special interest.



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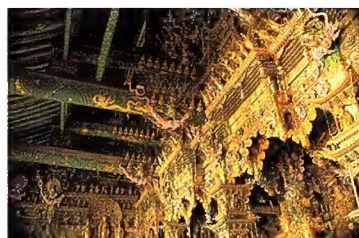
## LEISURE

### The Golden Rock Beach in Autumn

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*Photos & Article by Shan Xiaogang*

Not many people would expect that not far from Dalian in Liaoning Province, there is a scenic resort where the holiday maker can enjoy almost everything he or she wants – playing golf, fishing, boating, hunting or observing how the fishermen work in the sea.







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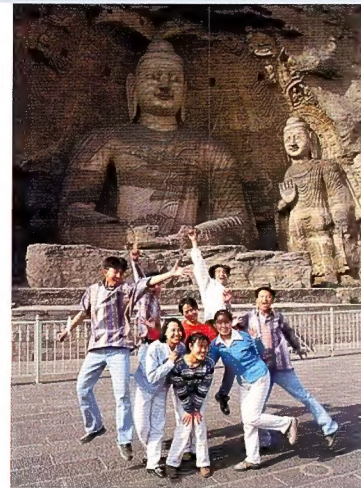
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### Exploring Fossil Glaciers at Luoji Mountain 58

*Photos & Article by Huang Yanhong*

A team composed of 20 geologists, painters and photographers visited Luoji Mountain, an ancient glacier park, in Sichuan. During their journey, they discovered various traces of ancient glaciers, but at the same time, they went through unusual hardships.



## CULTURES

### Folklore, Art and Good Luck Wishes – New Year Paintings from Yangjiabu 66

*Photos & Article by Shan Xiaogang*

Yangjiabu Village in Shandong is the birthplace of the Weifang school of New Year Paintings. Wood-block paintings produced here are highly acclaimed, owing to their unique style created from a mix of simple lines, striking colours and vivid figures.



## PEOPLES

### The Li People in Hainan 72

*Article by Iris Wong*

The Li were the first group of people to settle on Hainan Island. In this fertile sub-tropical land, the Li people have developed a culture of their own. They are good at singing and dancing, and Li women are renowned for their expertise in textiles and embroidery.



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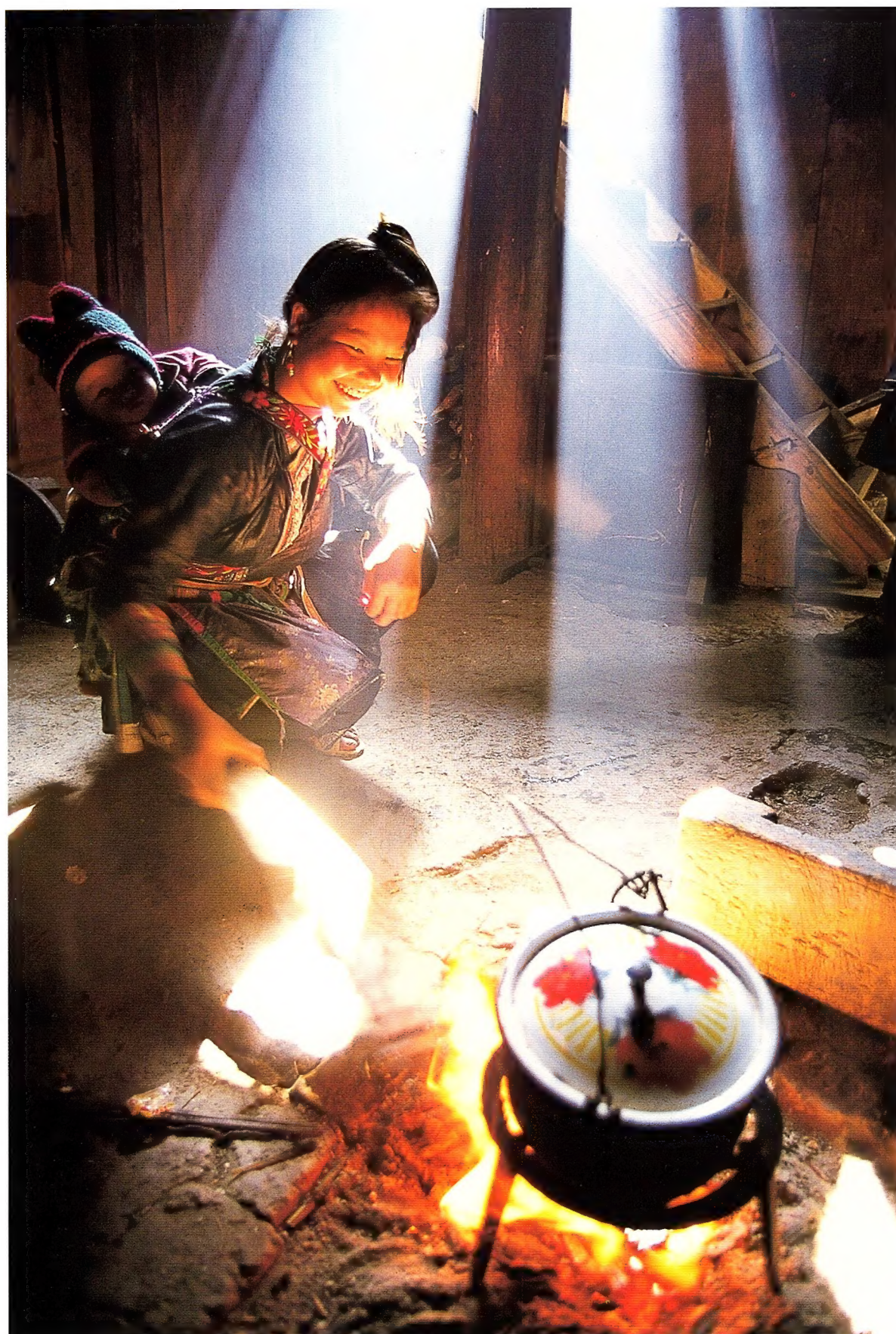
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Cover: Elderly Ladies of Liuyi Village doing Mulan sword exercises

Li Zhixiong







## EATING

*Photos by Xie Guanghui*

These two pictures were both taken in the southeastern area of Guizhou. "Cooking" depicts a young mother of the Dong ethnic group cooking with a baby on her back; "Eating" shows an older Yao woman eating her rice out of a bowl. Both photos have selected and expressed their subjects in a simple, natural way. Their common point of excellence is the photographer's clever use of light rays coming in from the windows, which give an effect of stage lighting. The contrast of light is striking, but by using the reflection of the floor and the bowl, the photographer has made his subjects, situated in the dark, bright and vivid. Experienced photographers usually use no flash while taking pictures under such circumstances because the flash light might destroy the natural lighting effect. The best thing to do is to use a reflector board to make up the light needed.

**Estimated data:**

**Camera:** Nikon F90;  
**"Cooking":** 20-35 mm lens,  
shutter: 1/30 second,  
aperture: 2.8;

**"Eating":** 105 mm zoom,  
shutter: 1/30 second,  
aperture: 2.8; **Film:** Fuji  
slide (ISO 100).



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FROM THE EDITOR

## AGAINST ALL ODDS

"A Village of Women with Bound Feet" comes out at last!

This story had been on schedule for some time but it required a lot of further information and material. Unfortunately, the author in Yunnan fell ill — and it was a serious ailment! The day before his operation, he phoned us, "Don't worry. I have finished the article, and have entrusted a reliable friend with the photography job."

We received the article and the photographs on time, and he had even illustrated more than 40 photographs in bed after the operation! He told us later that the bound-foot women's optimism had inspired him to finish the job. The women's spirits notwithstanding their tragic and bitter past have been well captured by the story and its pictures: they have lived through bitter hardships and their past was ill-fated. This has especially been the case where some of them not only had to work hard for their own survival but had to support a whole family as well. Yet they still have an optimistic outlook on life and rarely grumble. They compensate their tragic past by living a happier later life.

Wandering the globe and taking photos to capture the mood of, and feelings for, places and people is an edifying experience. The more deeply one experiences and understands life, the more positive an outlook one can have.

This is the very experience we have had in editing the article.

Photo by Huang Yanhong



# *A Scenic Village in the Embrace of Nature*

LANDSCAPES

Photos & Article by Xie Guanghui







The sea of clouds rising over the Jinjiang River is carried by the breeze to fill the valley, drifts over the hills, and turns the bungalows and terraced rice paddies into scenic water-colour paintings.





The place's very name, Dragon Back Ridge, indicates that it is located on a highland. It is a mountain ridge found in Longsheng County, Guangxi, some 90 kilometres from the beautiful scenic city of Guilin.

Dragon Back Ridge is not really high, but it does give one the impression of a primitive and boundless land. Cypressess, pines, bamboo plants and many varieties of bushes cover the mountain. While the mountains keep their luxuriant green all year round, the change of season is reflected by the terraced fields as the plants grow and ripen.

Scattered in this scenic area are 13 villages inhabited by the Zhuang people, one of the largest minority ethnic groups in China. The path onto the mountain is both refreshing and challenging. The breezes, bearing the fragrance of flowers, grass and trees, would drive away the fatigue and stress of the city dweller, helping him or her return to the embrace of nature.

One of the villages, Ping'an, looks like a huge cluster of castles standing on the mountain slope. A complete network of roads has been built in the village. Laid with black stone slabs – some of them being as large as over three metres long and weighing over one ton – these paths link every household like a spider web. Unlike in other villages, you can hardly find any ox or pig droppings on the paths. In fact, they are so clean that the visitor's shoes will not even get dusty while walking on the stone slabs. About one-third of the village's 30 households are involved in the business of catering to tourists. What is even more amazing is that their small inns are all complete with both English and Chinese versions of their names and menus. A Westerner may not believe all this appearing in such a remote mountain village in China.

**1: Viewed from above, the hills covered with terraced fields look like green snails.**

**2: A Zhuang woman takes food to her husband working in the fields.**









## Come to Sip Tea in Spring

During my visit, I checked into the Meijin Inn opened by Mr. Pan 10 years ago. Pan was actually the first villager to go into the tourism business. The lobby of the inn is spacious and can hold over 100 people. The furniture was kept clean and shiny. On the walls are hung mirrors and New Year prints. There are also photos of the local terraced fields taken by tourists. Pan knew too well what the tourists like: they come to admire the wonderful scenery. So, he set tables and chairs on the balconies of his bungalow. While drinking tea or having their meal, the tourists can enjoy the enchanting surrounding views. I found it much more enjoyable and fun to sit on the balcony than to visit bars or restaurants in big hotels. When I was there, a few French guests were also there, tasting their coffee, thumbing through books, and now and then raising their heads to appreciate the mountain views. They seemed to feel quite at home.

To get a better view of the breathtaking sights of the terraced fields, however, one has to go to the top of Dragon Back Ridge, and the best time to do so is early morning.

In order to see the sunrise on the hilltop, we got up very early. With the help of a torch, we set out along the meandering mountain path. The paths were built by taking the natural terrain into full consideration. They were not only steep but also appeared nearly all the same. It was already turning bright in the east, and still we could not find the right path that would lead to the ridge top. As we became increasingly worried and frustrated, some villagers came up to our help. They showed us the correct path and walked us for a certain distance until we were finally on the right track.

1. Tinged by a colourful glow, the terraced rice paddies resemble shiny bronze mirrors.



## Art and Life: A Close Resemblance

We eventually had the mountain ridge underneath our feet. It was late spring-early summer, and the paddy fields had been ploughed and filled with water. The field ridges had been cleaned of wild grass and paved fresh with mud. As we looked down, we saw the small hills which had been cultivated with terraced rice paddies looking like green snails. The terraced fields themselves were each in the shape of a Chinese folding fan, and were cut through by meandering paths leading to bungalows. Before we knew it, the sun rose from behind the ridge in the east, making the rice paddies into sparkling mirrors. A sea of clouds surged up from the Jinjiang River and spread to the mountain valley, engulfing the mountain slopes, turning the bungalows and terraced fields into a scene from traditional Chinese landscape paintings. I wondered, if people on the opposite mountain could see us, would we not appear to be figures in a scenic painting?

Perhaps the first settlers who opened up the fields at Dragon Back Ridge never gave any thought to the fact that the land they had worked would emerge to be part of a natural artistic wonder. Indeed, art and life are just so close to each other.

2. May, a busy month for villagers at Dragon Back Ridge, is an ideal time for tourists and photographers.









## 廣西龍勝縣風景區示意圖 Scenic Spots in Longsheng County, Guangxi



### TIPS FOR THE TRAVELLER:

The terraced rice paddies are located 15 kilometres south of the Longsheng County seat, Guangxi. In May, villagers here plough their fields and fill them with water, turning the patches of fields into sparkling mirrors. It is an irresistible attraction for tourists and photographers.

**Transportation:** The best way to visit this area is from Guilin. Get on a bus from Guilin to Longsheng at Guilin Railway Station or the General Bus Station, get off at Heping Town and take a minibus from Longsheng to Jinjiang Village. From Jinjiang Village you need to walk up the mountain for about an hour to reach Ping'an Village.

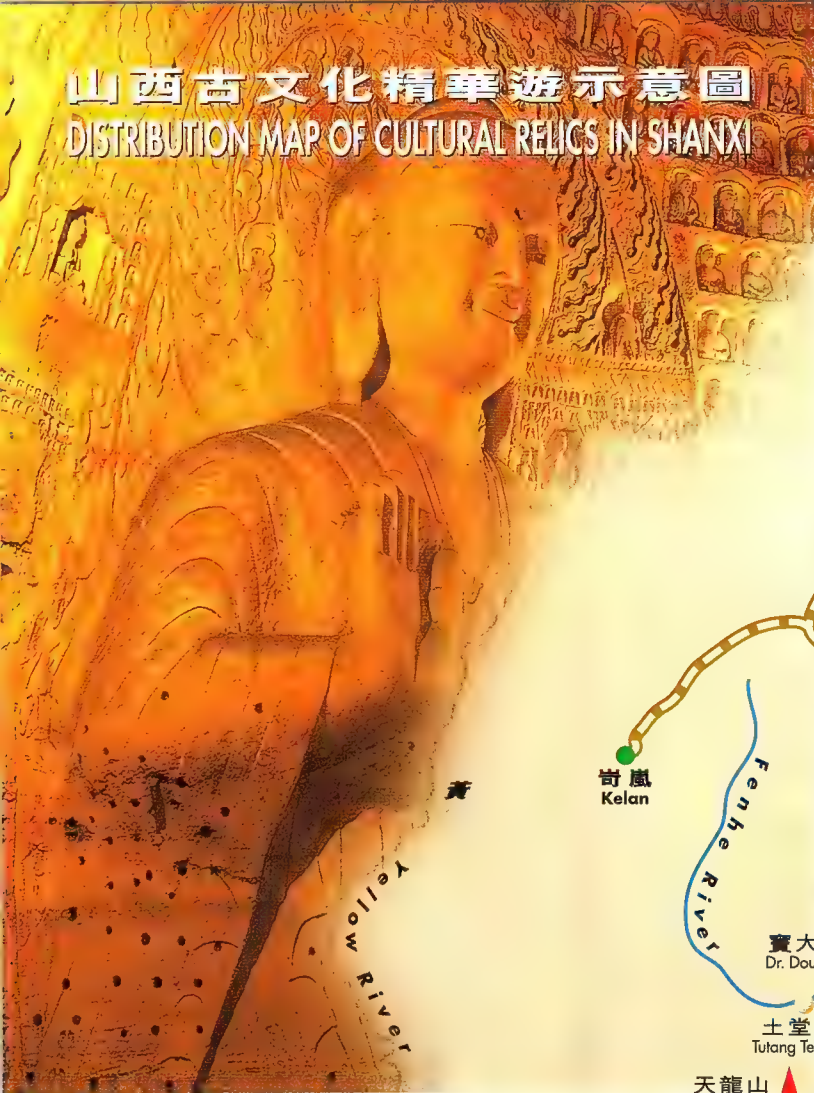
**Accommodation:** There is no state-run hotel in Ping'an Village. What it has are family hotels or inns managed by villagers of the Zhuang ethnic group. The average rate is 10 yuan per bed per night. There is no indoor bathroom in these inns, but the unique local mountain dwellings will provide you with new experiences and leave you with a strong impression.

**Food:** You eat together with the family who owns the inn. You can also order your own food from them, but you're advised to let them know early enough, so that they can go down the mountain to buy what is needed for preparing the meal for you. Prices are reasonable. For 40 yuan you can have a meal of two dishes and a soup.



# 山西古文化精華遊示意圖

## DISTRIBUTION MAP OF CULTURAL RELICS IN SHANXI



- 景點 tourist spot
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A group of seven young people, four men and three women, are posing in front of the Giant Buddha of Yongang Grottoes. They are all smiling and making playful gestures, with some having their arms raised. They are wearing casual clothing like jeans, sweaters, and button-down shirts. The background features the massive, weathered stone face of the Buddha carved into the cliff, with intricate carvings of smaller figures and patterns surrounding it. The scene is brightly lit, suggesting a sunny day.

HIGHLIGHTS

# A Journey into Paradise, Hell and the Mundane World

Photos & Article by Shane Stangary

The giant Buddha in Cave No. 20 is the most representative  
art work of the Yongang Grottoes.





The land of Shanxi Province, known as a "museum of cultural legacy" for its rich relics, is shaped like a parallelogram slanting from northwest to southwest. The scenic spots and places of cultural and historical interest are arranged in such a fashion that a trip down the diagonal line is like a journey from the Paradise of Buddhism to the shores of the mundane world by way of Hell. Having been baptised and tempered through this exposure to the three different worlds, the traveller feels as if he had cast off his old self and been transformed into another person – while being bathed in the primitive simplicity and serenity of the Loess Plateau.

### **Worshipping the Great Buddha at Yungang Grottoes**

I took the train in Beijing, and after a half-day journey west arrived at Pingcheng (present-day Datong), capital of the Northern Wei Dynasty (386-534), whence I travelled 16 kilometres west of the city until I reached the foot of the Great Wall on the southern side of Wuzhou Mountain. Rows of cave shrines of varying size have been scooped out of the cliff faces so that at a distance the mountain looks like a huge beehive. This is none other than the renowned Yungang Grottoes.

The origin of the Yungang Grottoes is associated with an eminent monk from Gansu by the name of Tan Yao. Legend has it that in the year after Emperor Wencheng assumed the throne of the Northern Wei Dynasty, Tan Yao was summoned to the capital city by an imperial edict. Upon arriving at Pingcheng, he happened to see the emperor and his royal entourage on their way out of the city. As he hastened to bow to the procession, one of the emperor's carriage horses bit into his kasaya and refused to let go of him. Taking the divine hint from the horse's behaviour, the emperor, a pious Buddhist follower, immediately recognised Tan Yao as a godsend. He treated him as his teacher and entrusted him with the task of supervising all the nation's Buddhist monasteries. In 453, the emperor took Tan's suggestion and began to have grottoes hewn into the northern side of Wuzhou Mountain – an unprecedented engineering feat in the construction of Buddhist cave shrines.

Five of the grottoes were constructed under Tan Yao's personal supervision and dedicated to the memory of the first five Northern Wei emperors. One of them, today's Cave No. 20, is known for its giant statue of the



Buddha, which is regarded as the emblem of the Yungang Grottoes as a whole. Done in forceful chisel work, it is actually a likeness of Tuoba Gui, the robust leader of the predatory Xianbei tribe and founder of the Northern Wei Dynasty. The sculpture of Sakyamuni in Cave 16 assumes the image of a heroic warrior, which was Tan Yao's interpretation of Emperor Wencheng as an incarnation of Tathagata. Even the two moles on the emperor's body have been rendered with black stones.

Over the following three or four decades, 15 more grottoes were completed on the eastern side of the mountain. The 17-metre-high statue of the Buddha sitting cross-legged in the rear chamber of Cave No. 5 is undoubtedly the most magnificent, and the youngest-looking, of all the Buddhist renditions on the premises. Its foot alone measures 4.65 metres in length, and numerous statuettes of sitting Buddha are carved on the four walls surrounding the Buddha. Instead of the traditional Gandhara attire, all the Buddhist images in the Yungang Grottoes are dressed in the fashion of literati-officials of the Northern Dynasties with their trademark embroidered gowns and decorative belts.

With its huge size and elaborate sculptural art, Cave No. 6 is seen as the cream of the lot at Yungang. The square plinth in its



centre and its walls are carved all over with tiny Buddhist figures, buildings, animals and a rich variety of tracery. Thirty-odd serial pictures carved in relief in the stone walls tell the story of Sakyamuni's gradual transformation into Buddhahood.

The sculptures in the five grottoes known collectively as the "Five Caves of Sublimity" are so graphically rendered that the apsaras look as if they are on the verge of takeoff. One can almost hear the divine musical instrumentalists perched on the door lintels play. In terms of imagery, none are more beautifully rendered than Mahesvara, one of the Twenty Devas, and Kumaralabdha, one of the four great Buddhist thinkers of ancient India. Both are seen in the archway of Cave No. 8.

Our ramble along a one-kilometre path along the cliff face brought us to every one of Yungang's 53 cave shrines. Surrounded by Buddha, bodhisattvas and apsaras of varying size, and wandering from one pavilion and pagoda to another, with divine birds and exotic animals beckoning at us in vivid postures and expressions amidst a riot of jasper flowers and ethereal clouds, I had the feeling of being wafted into the heavens.

1. The honeycomb-like Yungang Grottoes
2. The sublime and the mundane
3. A Buddhist statue inside Cave No.5









## Visiting Wutai Mountain, the Foremost Buddhist Sanctuary

The weather cooled down shortly after we had crossed the Hutuo River and climbed a tall mountain. The car coasted down the slope, and after making a few twists and turns along the Qingshui River, pulled up in front of a towering white pagoda. We were told we had arrived at Taihuai Town at the heart of Wutai Mountain.

The fame of Wutai Mountain stems from the belief that it used to be the domain of Manjusri, the Bodhisattva of Wisdom, where he preached Buddhist doctrines, and that it is the only Chinese Buddhist sanctuary to have been mentioned in an Indian Buddhist scripture.



All this would never have happened had it not been for the arrival of two Indian monks – Kasyapamatanga and Dharmaranya – at Wutai Mountain in the 11th year of the Yongping reign of the Eastern Han Dynasty (25-220 AD). Impressed by the topographical similarity between the town of Taihuai and Mount Grdhrakuta, where Sakyamuni had practised austerity and cultivated his mental well-being, they reported their findings to Emperor Mingdi. With the emperor's blessing, they built Dafu Grdhrakuta (Xiantong) Temple, which, together with the White Horse Temple of Luoyang, was known as one of the two earliest Buddhist establishments in China.

1. Blessed by the holy water at the Bodhisattva Summit Temple, Mt. Wutai
2. The stone pagoda of Yanjiao Temple on the Middle Terrace of Mt. Wutai
3. All decked out for a shot (by Wang Miao)
4. A monk on a pilgrimage to the Green Snail Peak





The sanctuary reached its zenith during the Tang Dynasty, when its slopes were strewn with more than 360 Buddhist monasteries. By the Ming Dynasty, the number had declined to some one hundred. During the Qing Dynasty, Lamaism spread to Wutai Mountain, which thus became a sanctuary shared by Han and Tibetan Buddhism, and where Han, Tibetan, Mongolian and Manchu monks worked and lived in fraternity.



There is so much to see during a visit to Wutai Mountain – statues of Manjusri in various forms, and other Buddhist statues ranging from the colossal to the miniature; ancient temples and monasteries with unique architectural structures and rich historical and religious associations; and religious services in the Han and Tibetan Buddhist traditions. But one should not miss the five terraces providing all-encompassing views of the exotic scenery of the foremost Buddhist mountain sanctuary.

The East Terrace provides a vantage point for observing the sunrise; the West Terrace is the place to be for moon-watchers; the South Terrace is a veritable world of flowers; the Central Terrace is studded with rocks in shapes ranging from the grotesque to the statuesque; and the North Terrace soars to such an unbelievable height that the stars seem to be close at hand. In summer, clouds and rain make Wutai Mountain look bewitching, while the mist enveloping its glens adds an ethereal touch to the Buddhist sanctuary.

Buddhist pilgrims are obliged, if they can stand the rigours, to make the rounds of all five terraces, each enshrined with a statue of



Manjusri. Those not physically fit enough for such an energy-taxing pilgrimage might choose to pay a single visit to the temple on Green Snail Peak to the east of Taihuai, where statues of all five manifestations of Manjusri are kept under the same roof.

Today, while the Green Snail Peak Temple can be reached by cable car, a pilgrimage to all five terraces has been made convenient by automobile.

The beauty of Wutai Mountain changes with the seasons. In spring, the slopes are downy yellow, while in summer they are cocooned in lush greenery. Autumn is the golden season, and in winter the mountain looks its most magnificent under a snowy mantle. I remember visiting Taihuai Town on a January day. The North Terrace was covered in snow, and the Bodhisattva Summit Temple, with its shiny golden roofs, rose from the top of the terrace like a heavenly palace against the azure sky. At dusk, the wind rose, tossing clouds of snow into the depth of the ochre ravines, while in Taihuai Town, the cluster of temples consigned themselves to the reigning darkness, and the silence was broken only by the bells and drums struck by the monks. At a moment like this, Wutai Mountain indeed looked like a peaceful Buddhist world.



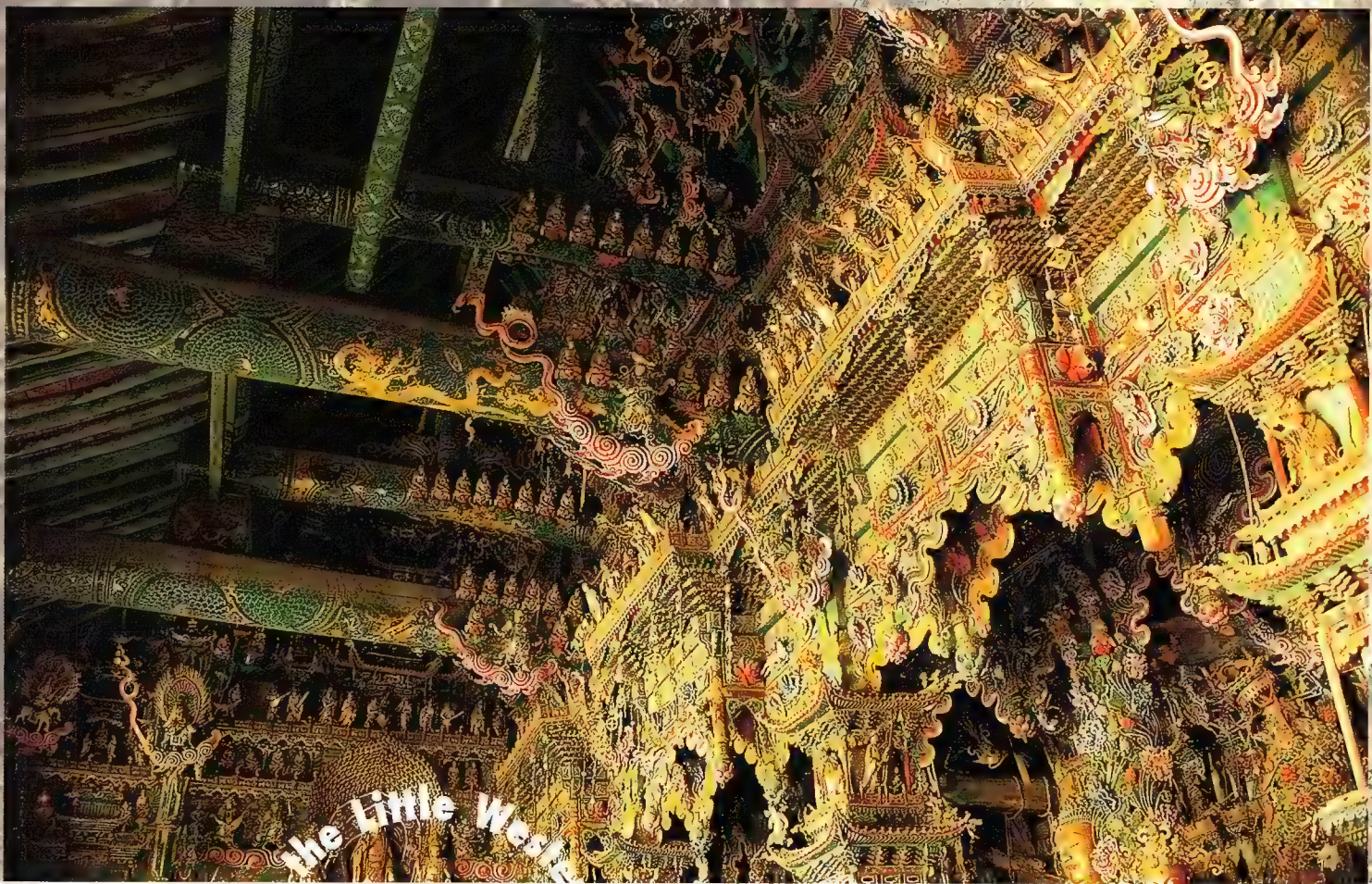
1. Bird's-eye view of Jinge (Golden Building) Temple in Mt. Wutai (by Chan Yat Nin)
2. A rock licked into strange shapes by the wind
3. The Southern Terrace of Mt. Wutai is reputed for the exuberance and variety of flowers.
4. A vegetarian feast on Mt. Wutai (by Chan Yat Nin)

3



4





## Ascending the Little Western Heaven

If only one could achieve Enlightenment and thus enjoy the otherworldly happiness of Paradise merely by paying homage! Having failed to depart from the mundane world and ascend into heaven, the best I could do was to pay a visit to the "paradise" under heaven.

I travelled south by train and reached Xixian, where I alighted and walked for one kilometre to reach the foot of Phoenix Mountain. Entering the ravine hemmed in between loess tablelands, I saw a tapestry-like green land, with the silhouettes of overhanging willows quivering in sequestered ponds. At the other end of the "Sky Bridge", a peak soared into the cloudy sky like a sword. Climbing up a steep stone stairway, I stopped in front of a cave. The nameboard read: "Little Western Heaven". Threading my way through the cave, I found myself inside the Temple of One-Thousand Buddha.

Beyond the double door, the scenery of the mundane world below had become a blur, which made me feel rapturous in the immortality of the scenic surroundings.

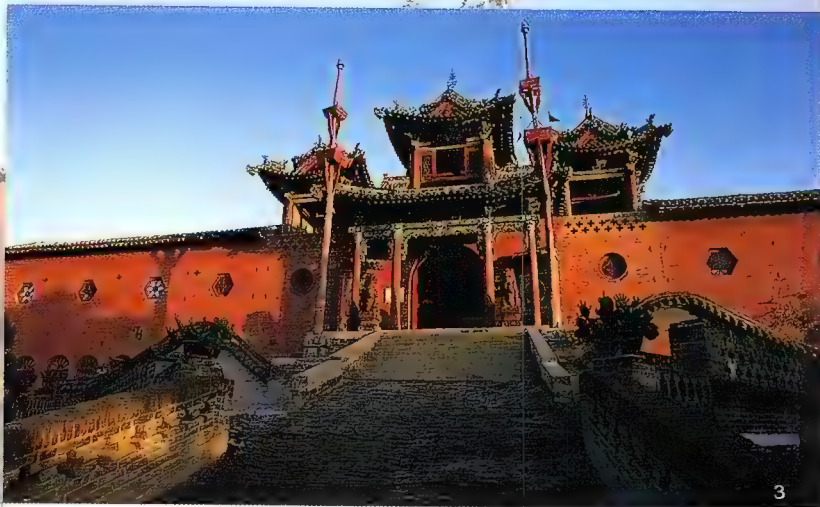
The real Paradise, however, is ensconced in Mahavira Hall, which stands in the rear of the temple. Suspended in the air in the hall, decorated with elegance and grandeur, are a host of finely crafted sculptures of figures, buildings and exotic beasts and birds. Among them are omnipotent deities, beautiful and charming maidens, innocent-looking Sramaneras (male Buddhist novices), religious followers listening attentively to the preaching of Buddhist doctrines, ferocious-looking guardians, bodhisattvas living in clover, and many musicians and chanteuses at a heavenly concert.

The richly variegated figures, amidst serpentine dragons and soaring cranes, are wrought with superb workmanship and cast in such vivid images that they seem ready to step out at one's beckoning.

1. The splendid interior of the Little Western Heaven in Xixian (by Chan Yat Nin)
2. The statues of Buddha in the main hall of the Little Western Heaven (by Chan Yat Nin)
3. The Dongyue Temple in Puxian County (by Chan Yat Nin)
4. After the last judgement in Hell as depicted in Dongyue Temple (by Chan Yat Nin)







### A Journey into Hell — Dongyue Temple

Wherever there is paradise, there is hell, just as good is always accompanied by evil.

At the top of Boshan Mountain in western Puxian County, which is an eastern neighbour of Xixian County, stands a temple with more than 300 pavilions, terraces, chambers and halls. This is Dongyue (East

Mountain) Temple, dedicated to the Great Emperor of the East Holy Mountain.

A two or three kilometres' climb brought me to the front gateway of the temple, which oddly enough was called "Pavilion of Paradise". Beyond the hallway, a row of ancestral pavilions and halls aligned along an axial line are tucked away amidst a grove of ancient scholar trees. At the end of the line lay the main hall of the temple, its dark gate, a yawning hole, that unfailingly sent a shudder down my spine.

Suspended under the exterior joinery of the main hall was a winged warrior brandishing a sword in one hand and a shield in another, teeth threateningly bared. Inside the hall, a likeness of the Emperor of the Holy Eastern Mountain looked sedate and composed on his dragon throne. I lost no time in burning incense and bowing long and deep to the emperor for his blessings.

Passing by the main hall, and threading my way through a narrow passage underneath Qingxu Palace, I eventually reached the realm of Hell, with the officials and guardians occupying the upper floor, and those damned to post-mortem torture imprisoned on the lower floor.

In front of the Hall of Yama, ghostly beings with cow's heads and horse's faces were busy performing their duties, putting evil-doers to all sorts of torment such as disembowelling, hanging, boiling them in water, and running over them with a roller. The entire place was bloodcurdling, even though all the scenes were enacted by clay figurines dating back to the Ming Dynasty. As a testimony to the underworld punishment, these clay sculptures serve as a deterrent to everyone who cares to pay a visit there.







## Visiting the Qiao Family Mansion

After the Chinese director Zhang Yimou's movie *Raise the Red Lantern* won an international prize, the Qiao Family Mansion in Qixian County was propelled to instant fame. The nameboard Red Lantern Mansion put high above the gate, and the red lanterns hung everywhere – under eaves, in back alleys, in restaurants – have been attracting visitors from all over the world.

The mansion, which was first built during the Jiajing reign of the Qing Dynasty, was home to Qiao Zhiyong, a financing baron of Qixian County. It has been kept in good condition as a rare example of northern Chinese architecture.

The courtyard, situated in Qiaojiabu Village, has an awesome appearance with a solid front gate and high walls. A flagged passageway leads from the front gate right into the depths of the compound, so that family members returning home could ride directly to their suites on horseback.

The quadrangle with three courts north of the passageway used to be the residence of the family members of the older generation, while the southern courtyard was for the younger generation. All the courts are linked by passageways. Each of the courtyards is rectangular in shape, with a narrow strip and houses, gates and hallways built strictly according to a hierarchical system.

The compound is completed by a watchtower, in which guards were on call around the clock. In the old days, the watchmen patrolled the mansion five times each night while beating gongs. This, combined with crenellated walls and piles of stones, turned the entire estate into a heavily guarded fortress.

The wealth of the Qiao family, and the cultural attainment of its members, are revealed in every detail of the building, such as the gatetower with flying roof eaves, exquisite brick carvings, intricate woodwork, and various utensils and ornaments.

When night falls, red lanterns are lit in every nook and corner of the mansion, the forms of the inhabitants being reflected on the window panels, and the entire residence is bathed in an atmosphere evocative of a cosy family life.





## Watching the Yellow Waterfalls

I set out from Linfen on a westbound journey. Having climbed over two tall mountains, trudged north for five kilometres along the eastern shore of the Yellow River, and then for one more kilometre on the wide riverbed, I reached the famed Hukou section of the Yellow River.

Where the tumbling Yellow River reaches Hukou, the river bed suddenly narrows into a tiny strip. As the water falls furiously into the trough 30 metres below, an angry, foamy waterfall comes into being. In the distance, the river looks like water being poured over the lips of a huge kettle. Hence the name Hukou, meaning "kettle mouth".

As the water flows over the cliff into the deep depression below, it sends droplets of water for several dozen metres, thereby enshrouding the shores of the Yellow River in mist. No visitor returns from this scene without being drenched by the heavily silted water. On a fine day, a rainbow is spotted in the mist, adjusting its height to the velocity of the waves, and shifting its position with the beholder's footsteps, so that it is seen now plunging down the ravine, now rising high above the foamy river.

With its unusual magnificence, the Hukou waterfall has attracted countless daredevils who come to challenge it with such stunts as canoeing down the river, wire-walking across it, or flying from shore to shore. Ke Shouliang, a stuntman from Taiwan, made headlines a few months ago by driving a car across the Yellow River at Hukou. And numerous writers, composers, dancers and painters have visited the place to draw inspiration.

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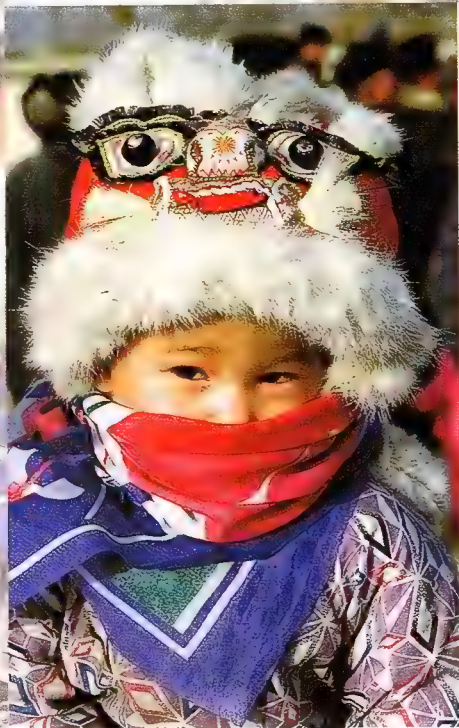
Translated by Ling Yuan



1. Qiao Family Mansion in Qixian County is a place where Zhang Yimou's acclaimed movie *Raise the Red Lantern* was shot.
2. The facade of the Qiao Family Mansion
3. The frozen falls at Hukou on the Yellow River in winter (by Wang Miao)
4. The astounding power of nature displayed by the falls at Hukou (by Chan Yat Nin)







## TIPS FOR THE TRAVELLER

### I. Yungang Grottoes

1. Summer and autumn are the tourist seasons in Datong, where the winters are cold and the spring windy and dusty.

2. After arriving in Datong by train, the traveller can catch bus No. 2 to Xinkaili for transfer to bus No. 3, which brings one directly to the Yungang Grottoes. The bus ticket ranges from 0.5 to 0.9 yuan. One can also take the minibus bound for

Yanzishan and Xinrong, which takes people to the grottoes for two yuan apiece.

3. Ticket for a visit to the grottoes: 10-25 yuan.

4. Food and Lodging: The three-star Yungang Hotel in the city of Datong is recommended. Situated across the street from the hotel is the famous Grand Red Flag Hotel whose restaurants serve a complete array of delicious food prepared in local culinary styles. The prices are reasonable.

5. Other tourist attractions in Datong: Upper and Lower Yanzhua Monastery, Shanhua Temple, and Nine-Dragon Screen Wall, which are under state protection as national cultural treasures. Enshrined in these temples are painted clay sculptures of the Jin and Liao dynasties.

6. Shopping: Imitation Buddhist statues are on sale at Yungang Grottoes at prices ranging from a hundred to several hundred yuan.

### II. Wutai Mountain

1. Weather: The mountain is high and the weather cold at Wutai Mountain. The tourist season is between June and September, during which all five terraces are open to visitors.

2. Transportation: Wutai Mountain can be reached by long-distance bus from Datong and Taiyuan. In Taiyuan, make sure the bus you take will take you directly to Wutai Mountain without transfers. Such a ride costs 17 to 35 yuan per person. Taxis are available at Wutai Mountain.

3. Admittance ticket: A ticket for a visit to the mountain is 20 yuan; tickets for each temple are from one to two yuan. A one-way trip on the cable car is 16 yuan per person.

4. Food and lodging: Food and lodging are not a problem at Wutai Mountain, where many hotels and guesthouses have been built. Avoid the private inns with cheap rates. You might want to avoid the International Tourist Month (mid-July to mid-August), during which hotel room rates rise by 50-100 percent.

5. Shopping: Special local products include mushrooms, ink slabs, and bowls fashioned out of birch tree roots.

### III. Little West Heaven and East Holy Mountain Temple

1. Both temples are open to tourists all year round. Tickets are 10 yuan apiece. The temple fair at the Little West Heaven opens on the 27th day of the third lunar month, while the temple fair at the East Holy Mountain Temple begins on the 28th of the third lunar month.

2. For a ticket price of 10-15 yuan, the traveller can catch the long-distance bus at Linfen Square Bus Station. A trip from Linfen to Puxian takes three to four hours, and it takes one hour from Puxian to Xixian.

3. Both tourist attractions are in close proximity to county seats, and therefore food and lodging are not a problem for the traveller.

4. Other tourist attractions in Linfen include Emperor Yao's Temple, the Temple of the Iron Buddha, and the Pingyang Drum Tower.

5. Shopping: Popular local products include Pingyang wood-block prints of New Year's Paintings, and Fushan paper-cut designs.

### IV. Qiao Family Mansion

1. It takes 1.5 hours by bus to reach the mansion from Taiyuan.

2. Ticket: 16 yuan for admittance, and 30 yuan for hiring an interpreter.

3. Other tourist attractions include the Qu Family Mansion in Qixian County, the Sanduo Hall and the Cao Family Mansion in Taigu County, and the ancient city of Pingyao.

4. Shopping: Rhinoceros Looking at the Moon mirrors, Pingyao beef, Taigu cakes, and Guilingji Liquor.

### V. Hukou Waterfall on the Yellow River

1. Best time to go: April-May, and September-November.

2. It takes four to six hours from Linfen to Hukou by long-distance bus.

3. Admittance ticket: 20 yuan apiece.

4. Food and lodging: the three-star Hukou Hotel, where a room costs 160 or 200 yuan.

5. Other tourist attractions in the vicinity include a section of the Qing-dynasty Great Wall, the ancient ferry crossing, and Mengmen Mountain. One can also try canoeing on the Yellow River on board rubber-dinghies.

### A Seven-Day Schedule for Visiting the "Three Realms" in Shanxi

**Day One:** Arrive in Beijing the afternoon, and catch train No. 637 for Datong in the evening.

**Day Two:** Arrive at Datong in the morning. In the morning: visit the Yungang Grottoes, the Huayan and Shanhua temples, and the Nine-Dragon Screen Wall. In the afternoon: visit Yingxian Wooden Pagoda, Hanging Temple and Hengshan Mountain. Spend the evening in Hunyuan County.

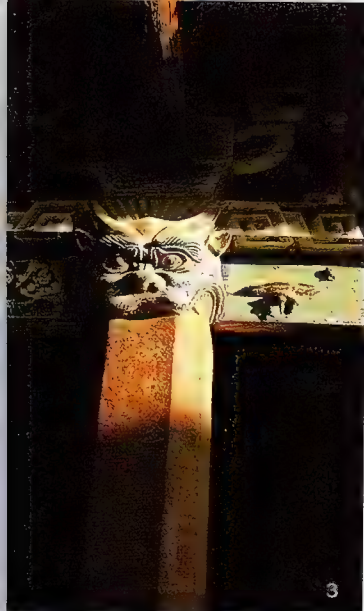
**Day Three:** Set off for Wutai Mountain in the morning. Visit the group of temples at Taihuai Town in the afternoon, and spend the evening in Taihuai Town.

**Day Four:** Mount the East Terrace to see the sunrise; visit the South Terrace and the major temples on the terrace in the morning; take the bus to Taiyuan in the afternoon; and spend the night at Taiyuan.

**Day Five:** The day begins with a tour of the Jinci Temple







early in the morning. Then take the bus for a visit to the Qiao Family Mansion in Qixian County and the ancient city of Pingyao. Lunch at Jiexiu. In the afternoon, visit Mt. Mianshan, the ancient castle at Zhangbi, and such urban scenic spots as Houtu Temple and Xuanshen Pavilion. In the evening, take train No. 535 to Linfen for the night.

**Day Six:** In the morning, take the bus to Puxian and Xixian counties for a visit to the East Holy Mountain Temple and the Little West Heaven. In the afternoon, take a trip to Hukou in Jixian County.

**Day Seven:** Visit the Hukou Waterfall and the scenic spots in the vicinity in the morning. In the afternoon, go to Xi'an, or return to Linfen to catch Train No. 204 for the return trip to Beijing.

**Day Eight:** Leave China by air in the morning, either from Xi'an or from Beijing.

#### Other Major Ancient Cultural Relics in Shanxi:

##### Datong:

**Nine-Dragon Screen Wall** Nine dragons are vividly depicted in bas-relief on this 600-year-old screen wall measuring eight metres high, 45.5 metres wide and two metres thick.

**Shanhua Temple** First built in the Tang Dynasty and renovated during the Jin Dynasty (1115-1234), Shanhua temple is actually a cluster of magnificent, sublime temples.

**Huayan Temple** First built during the Jin Dynasty (1115-1234), Huayan Temple has a spacious main hall measuring about 1,600 square metres, which is the biggest of its kind in China. The temple is divided into upper and lower sections housing Buddhist statues and inscriptions.

**Mt. Hengshan** An hour's bus ride from Datong brings you to Mt. Hengshan, one of China's Five Sacred Mountains. Rising to 2,017 metres, the mountain is famous for its 18 scenic spots. Among these are Hanging Temple, Imperial Hall, Flying Stone Cave, Huixian (Meeting with Immortals) Mansion and the Nine-Heaven Palace.

**Wooden Pagoda in Yingxian** Located 70 kilometres south of Datong, this is a meticulous wooden structure built 900 years ago. It houses numerous statues and carvings of Buddha, deities and beasts.

**Taiyuan** Separating Datong and Taiyuan is the scenic area of Wutai Mountain. The tourist spots of Taiyuan are:

**Chongshan Temple** The temple was built during the transition period between the Sui and Tang dynasties. Temple structures remaining today are the front gate, Dabei (Great Sympathy) Hall, Bell Tower, and the east and west chambers. Housed there are the Giant Buddha with eleven faces, a thousand eyes and a thousand arms, and statues of two high monks, Wenshu and Puxian.

**Xuangta (Twin Pagoda) Temple** These two 13-storey pagodas (built 60 metres apart) are the symbol of Taiyuan. Their porcelain eaves are inlaid with sculptures of flowers, birds and legendary figures.

**Memorial Hall of Master Dou** This magnificent hall is built in memory of Dou, a nobleman of the State of Jin during the Spring and Autumn Period (770-476 BC). Beside the building is a fountain that enhances the ethereal beauty of the scenery.

**Tutang Temple** Also called Tutang Giant Buddha Temple, it is noted for its 9-metre tall statue of Sakyamuni.

**Jinci Temple** Located 25 kilometres southwest of Taiyuan, this hall is dedicated to the founder of the Jin Dynasty (265 - 420). It is an ancient Chinese garden contains numerous halls, pavilions, springs and bridges.

**Xuanzhong Monastery** Located 70 kilometres southwest of Taiyuan, this temple consists of a cluster of buildings in a valley directly under the main ridge of Shibi Mountain. It was built during the Northern Wei Dynasty (386-534) and occupies an area of 6,000 square metres.

**Wubian (Boundless) Temple** Located 60 kilometres south of Taiyuan and close to Qixian County, this temple was built during the Western Jin Dynasty (265-316). Inside the temple stands a white pagoda, hence the temple's other name, White Pagoda Temple.

**Zhenguo Temple** Located 85 kilometres from Taiyuan, this temple was built during the Five Dynasties (907-960) period. Its main hall houses the statues of the Four Heavenly Kings. In its backyard are the Hall of the Goddess of Mercy, Ksitigarbha Hall, and Three-Buddha Hall.

**Shuanglin Temple** Located 97 kilometres from Taiyuan, this temple was built during the Northern Wei Dynasty (386-534) and has been renovated a number of times. It consists of 10 buildings housing 2,052 vividly executed Buddhist statues.

**Xinghua Village** This village, 90 kilometres southwest of Taiyuan, owes its fame to the Tang-dynasty poet Du Mu, who wrote the line: "Asked where one can have a good beverage, the shepherd boy points to Xinghua Village." For a thousand years, the place has been reputed for its wines, of which Fenju wine and Zhuyeqing wine are the best known.

**Changzhi** Situated within the region of the Taihang Mountains, the city is noted for its scenery and temples such as Kaihua Temple, Dinglin Temple, Jade Emperor Temple, Green Lotus Temple, etc.

**Linfen** This city abounds in historical and cultural relics. Besides the Eastern Mountain Temple, Little West Heaven and the Hukou Waterfall, there are many other tourist spots, including Guangsheng Temple, Iron Buddha Temple, Emperor Yao's Temple, burial sites of the Warring States Period (475-221 BC), Temple of Guan Yu, Yingying Pagoda and Yongle Palace. This last, a Taoist temple in Ruicheng County, consists of five structures: a front gate, Dragon and Tiger Hall, Sanqing (Three-Purity) Hall, Chunyang Temple, and Chongyang Temple.

1. A child wearing a fancy tiger-head hat, Hequ (by Li Yingjie)
2. A traditional wedding show in cave dwellings is a tourist attraction.
3. An eerie and mystic air about the interior designs of Dongyue Temple (by Chan Yat Nin)
4. Slicing out noodles from a dough this way calls for quite a feat. (by Chan Yat Nin)







DISCOVERIES

Liuyi Village

Last Home of Ladies with  
Bound Feet





*Editor's Note:*

At Liuyi Village in remote Tonghai County,

Yunnan Province, live over 300 women with bound feet.

As the last living testimony to an era that has already-ended, these ladies have gone through many hardships. They, however, remain an optimistic group who love life and enjoy a happy old age, injecting their village with vitality and a special interest. Our correspondents spent several days in the village and learned stories about ladies with bound feet along with the implications and complications of this long-died-out tradition.

*Photos by Li Zhixiong    Article by Li Xu*



**'Delicate Peaches'** One of the most mysterious things in my childhood was my grandma washing her bound feet. All the time, she was kind and nice to us, but whenever she asked my sister to bring a basin half filled with hot water to her room, she would sternly shut us out. She would remain in the room with its door fastened for a long time. Even to this day, I cannot understand why grandma had to stay away from us when she washed and bound her feet, but several times, I did secretly take glimpses of her tiny feet. Or could they really be called feet any more? All that was visible were the heels and the arched insteps, while the five toes were all twisted under each of the insteps. It was a sight too cruel to see! ● Once I went out with my grandma. Happily walking and jumping, I mistakenly stepped on her foot, which immediately sent her jumping violently on the ground like a spring. She had been badly hurt. Only then did I realise that her feet were as delicate as peaches. ● Now it has been 18 years since her death, but I often dream of her. Grandma became a widow at the age of 21. It must have been a difficult task for her to raise my mother and two uncles standing on her small bound feet! ● Why did she bind her feet? And why did she torture herself to do so? It was not until I grew up that I understood the secret and hardships of her doing this. **Small is**

**Beautiful!** Women suffered most during the long feudal society in China. Ever since the system with men holding the predominant power was established, women fell tremendously in their social position. Gentlemen, and the philosophers among them in ancient times, invented many measures to restrict the conduct of women and to make women bind their feet – perhaps one of the most effective of such measures. ● It is said that during the late years of the Tang Dynasty (618-907), there was already the tendency of women binding their feet. For ages after that, the term "bound feet" or "small feet" became a synonym for women. When a girl reached the age of six, her mother would have to start binding her feet for her, despite the fact that in her early life, the mother herself had gone through the hardships of this act. With tears in her eyes, the mother would have to let her daughter repeat her suffering, because women with large feet would not be accepted. ● To bind the feet, a cloth band about seven centimetres wide and 150 centimetres long was tied around the girl's five toes so that they could neither move nor grow freely, until the foot bones, muscle and skin all became so deformed that there was no more normal front part of the sole, but a triangle formed by the pressed toes and the heel. Such tiny triangles made the person barely stand steadily. When she walked, she really had to swing to balance herself and inch forward with her heels. ● After the Revolution of 1911, which overthrew the last feudal dynasty in China, people declared war on the vile practice of binding women's feet. In the early days after the revolution, the Society for Natural Feet was set up to fight the cruel practice. Gradually, the tradition died out and only some elderly ladies have kept their bound feet until today. ● I had not prepared myself for the fact that 18 years after my grandma's death, and at a time when bound feet have become such a rare sight, there are more than 300 women with bound feet in this one little village – Liuyi Village in Tonghai County, Yunnan Province. I was sure they must all have had the same experiences as my grandma. So, I decided to visit the place. ● About 130 kilometres from the city of Kunming, capital of Yunnan, Liuyi Village actually consists of six natural settlements. Of the 840 people above the age of 60, more than 30 percent are ladies with bound feet. ● Setting foot in the village, I was gripped by both curiosity and surprise at the women's miserable past and their optimism to face their fate and life. Many of them are still important pillars of their families, as they work hard to support the family and raise their descendants. ● My first sight in the village was a lady with bound feet dashing by on a tricycle, carrying her husband. She certainly rode quickly and deftly! ● Seventy-seven-year-old Wu Guiqin is thin and deaf, yet she can easily lift a whole bucket of water from the well. Washing clothes for her grandson on her washboard, she was smiling with joy. ● Zhao Shuzhen, 74, has no relatives. Old and having difficulty moving about with bound feet, she now lives in the elders' home, where she is well taken

**Previous page:** Ladies standing on bound feet can accurately throw the one-kilogram ball at the goal five or six metres away. **This page:** 1. Bound feet make such a disproportionate contrast between the hands and feet. 2. I ran into a lady with bound feet whizzing past on a tricycle just as I set foot in the village. (by Li Xu) 3. Small, but the feet can support them steadily as they exercise with composure and grace. **Next page:** Old people doing Mulan sword exercise







care of by people including her neighbours. ● Pu Huiying, at the age of 61, is the youngest woman with bound feet in the entire village. A quick calculation told me that she began binding her feet in 1936, a time when foot binding had long been abandoned elsewhere, but she fell the last victim. ● I learned that foot binding was mostly widespread during the Ming Dynasty (1368-1644). At that time, large numbers of people were relocated to the border province of Yunnan, and the ancestors of the villagers of Liuyi came mostly from Liushuwan in Nanjing. They brought with them the vile practice of foot binding in inland regions to the border area inhabited largely by ethnic minorities. Since Liuyi Village was remote and isolated, when the practice was done away with elsewhere, it continued here, resulting in the fact that there are still so many ladies with bound feet. Undoubtedly, Pu Huiying and people of her age are the last group of women to have bound feet in the entire country. **Dance into the**

**21st Century** Though they had gone through tremendous hardships, the small-footed ladies at Liuyi Village remain optimistic and enjoy the full flavours and interests of old-age life. In 1985, the village set up the Elderly People's Sports Association which is said to be the first of its kind in rural China. Ever since then, the old people have had their place to conduct their activities. ● Every day, these old sisters gently make their way to the association's activity centre to practice fencing, ball throwing, doing taiji boxing and even disco dancing. And at old people's sports meets in the province, they have captured one prize after another. ● At the village, I had the good fortune to see how they enjoyed various recreation activities. ● After dinner, the old villagers began to arrive at the central courtyard of the Elderly People's Activity Centre, strolling under willow trees and by the pond, playing chess or chatting over a cup of tea. Several small-footed old ladies began a ball game. I really worried if they could throw the ball, one kilogram in weight, to a goal five or six metres away by standing on one bound foot. Each of them performed with grace and composure, balancing on a small foot and easily throwing the ball at the goal. No wonder they won the second place in the team event at a provincial competition. Proudly they told me, "We people with small feet beat those with big feet." ● Early next morning, I took a look at the crowd doing physical exercises and found almost half of them were ladies with bound feet. To the beat of the music from a tape recorder, they gracefully stretched their arms, squatted down and then put their legs sideways. They did taiji, Mulan sword exercises, and even Great Lord Whip, a traditional physical performance of the Bai ethnic group. Their disco dancing brought their exercises to a climax, displaying a kind of rhythm and strength usually only associated with young people. Somebody must have been very impressed when he used these words to describe the ladies: "In by-gone days, they beautified themselves with bound feet; today, they seek joy in doing physical exercise." ● One old villager happily told me: "We will continue to exercise, to go and compete in other provinces, and dance into the 21st century."







享 法 依 人 年 老  
帶 有 物 會 社 和 家  
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## 6 'Living a Life in Vale of Tears'

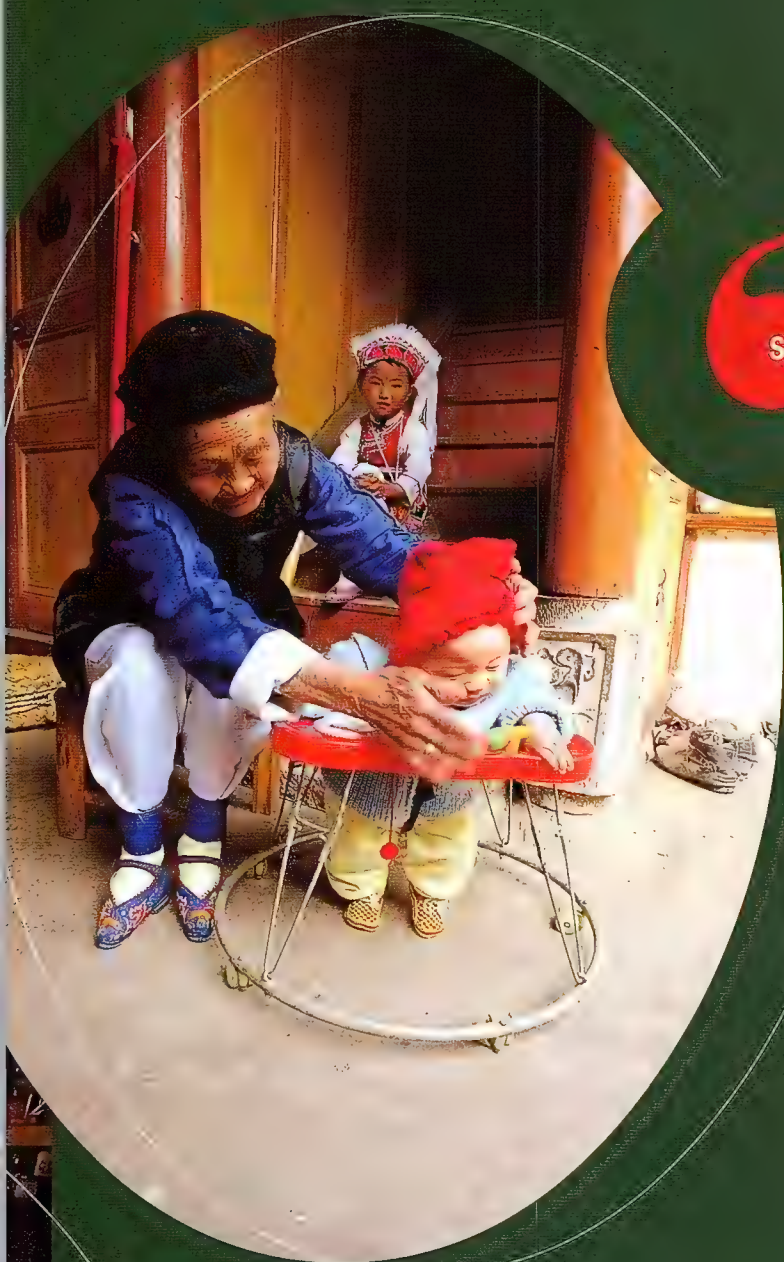
In the past there was a saying: As a woman, If you are married to a dog, follow it; and if you are married to a carrying pole, carry it and go. For Yang Zhaoshi, life was even worse. She was married to an opium addict.

She began foot binding at seven. When she was 16, she became the wife of Yang Jiushun through an arranged marriage. The man, whom she had never been given an opportunity to meet, turned out to be an opium addict. Marriage did not stop him from taking the drug and soon the family was left with nothing. He walked away and did not come home for 20 years, without sending back a single cent the entire time. When he did come back finally, he was so weak that Yang Zhaoshi has been taking care of him till this very day. Now 84, she still runs a household of 20 members. Even Yang Zhaoshi herself cannot tell how she has maintained the family for so many decades despite the fact that she stands on a pair of very small feet.

At 84, Yang Zhaoshi still runs a large family.







### Supporting Families on Bound Feet

Seeing how much they enjoyed their life today, with such energy, I almost forgot the cruel torture they had to endure, and the pain and hardship brought onto them by their bound feet.

Staying several days in the village, I heard quite a few stories about the ladies. Yang Wushi, who is 86 this year, is probably the oldest lady in the village. She began binding her feet at the age of eight and had to endure long and piercing pain to prevent the feet from growing naturally, simply in order to find a man from a well-to-do family. But the pair of small feet did not bring her luck and fortune. At the age of eleven, she came to Liuyi Village as a child bride. At her new home, she did everything, including working in the fields, washing clothes, weaving cloth and cutting wild vegetables. Finally, at the age of 33 she gave birth to a son, but soon her husband died of illness. The entire weight of the family now fell on her alone. Apart from doing all the physical work to keep the family going, she had to take care of her parents-in-law and raise her son. Life went on like that for several decades for this lady standing on a pair of tiny feet. Now the life in the village has much improved and hers is much better too. Still physically fit, she takes care of her great-grandson and loves to do Mulan sword exercises.

To look after her great-grandchild is one of Yang Wushi's major family duties.

### The Last Spinning Girl

I also visited Qian Pengshi, 73, the most capable lady with bound feet in the village. When I met her, she was busy turning an old-style loom. Two months ago, her great-grandson got married, and she now wanted to produce some coloured thread to embroider something for him. "I'm the only one left in the village who can still spin thread," she told me, amidst the squeaking of the loom. Other villagers said that Qian is very good at embroidery work and her products are still in great demand. Several of her granddaughters have learned the skill from her and now make a prosperous family business.

Qian Pengshi is the only one in the village who knows how to spin thread in the traditional way.





## 6 A Hair Salon

Though already 78, Pu Chenshi still stands tall in good spirits. When she speaks, her voice sounds with energy and strength. From top to bottom, she is smartly dressed. Her granddaughter Qiaoyu opened a hair salon in the village upon her graduation from junior high school. Ever since then, Old Lady Pu has been busy helping her granddaughter. Qiaoyu is now married with two children and her business has expanded. Besides helping her granddaughter with the kids, she also oversees all matters in the salon, including sweeping the floor, bringing water and taking care of the utensils and tools. Talking about the Yasi Salon, villagers all refer to it as the Salon of Qiaoyu & Grandma.

The old lady made no mention of her past and I had no clue to her experience as a lady with bound feet. One thing is certain, women like Pu Chenshi are the champions of life.

Yasi Hair Salon of Fu Chenshi and her granddaughter





## An Independent Old Couple

Xiao Xiuying, 77, and her 80-year-old husband Zhou Congying are once again living a life of just two people. Xiao started to bind her feet when she was seven, because her mother told her then that unless she kept her feet small, no man would ever marry her.

At 16, she became the bride of Mr. Zhou, with whom she fell deeply in love, for Zhou was a diligent and capable person. In her early childhood, her life was pretty good, apart from the hardships of foot-binding, and now she had a man she loved. Though life was somewhat hard, they were happy together.

They have two sons, nine grandchildren and 11 great-grandchildren, who are all very filial, but the old couple choose to live alone.

Both of them are in good health, never being bothered by any major ailment. They do everything, including cooking for themselves, fetching water from the well, growing their own vegetables and making their own pickles. Besides, they make paper money used for remembering the dead and sell it to the villagers.

Xiao Xiuying is an active member of the village's Old People's Sports Association and has won prizes in throwing balls.

**This endearing old couple choose to live an independent life of their own.**

## Three Generations Under the Same Roof

Pu Jifen, 72, looks every bit a lady of good luck, with white and youthful complexion and skin. Her mother died when she was only eight. A year later, her father married again. Her grandmother, who was afraid that the girl would be maltreated by her stepmother, married her off when she was 12 to Wang Chuanjin, five years her senior. It turned out to be a happy marriage. During their married life of more than 60 years, they have had four sons and a daughter. Now they have 10 grandchildren.

Apart from taking exercises with other old villagers, she spends most of her time taking care of her grandchildren while leaving cooking and washing to her daughters-in-law. Occasionally, she puts on her glasses to do some needlework or embroidery, a skill she had learned at a very young age. She usually makes shoes for her own small feet, and for babies, with colourful patterns. Pu and her family live in a beautiful, recently-built quadrangle house.

Just then Mr. Wang, her husband, came home, and I asked him whether he loved his wife because she had a pair of small feet. The old man laughed as an answer to my query.

**Villagers love the small shoes Pu Jifen makes.**





I left the village with great reluctance.  
I knew when I returned to the village  
several years later, the village would  
still be there, but many of the old ladies  
would have left the world, taking away  
with them the imprint of the great mistake  
forced on them by the age they grew up in.  
Though they had to endure greater and  
more hardships, they have made it to this day  
together with men and women with natural  
feet. I take consolation in the fact that the  
development of the village economy and  
improvement in their living standards have  
allowed them to enjoy their old age without  
remorse. During my stay in the village, I talked  
with small-foot ladies every day, but there were  
many more whom I ran into but did not talk with.

Several hundred pairs of kind eyes told me that  
they were not hungry for sympathy and that they  
would continue to live happily. Just outside the village,  
I turned back to give it a last look. In the lane formed  
by earthen walls, an old lady with bound feet was

limping away slowly. With her back to me, she appeared  
just like a small statue.

*Translated by F. Huang*



#### TIPS FOR THE TRAVELLER

- **Accommodation:** Tonghai Hotel, three kilometres from Liuyi Village, provides rooms with rates of 30 to 120 yuan per night.
- **Transportation:** The village can be reached by bus from Kunming. The bus ride takes about three hours for a fare of 15 yuan.





From the back, this old lady looks just like a statue.





*Shandong Foodstuffs Import  
& Export Corporation has  
moved its office to Sanfod  
Building since July 8, 1997. The  
new office building provides  
services and facilities for  
commerce, accommodation,  
catering and entertainment.  
Shandong Foodstuffs Import &  
Export Corporation has also  
expanded its business to  
inbound and outbound travel  
service. Friends and customers  
are welcome to visit our new  
office, talk business, rent an  
office, find lodging, or join  
our tourist groups.*



**SHANDONG FOODSTUFFS IMPORT & EXPORT CORP.**

Add: 96, Xiang Gang Zhong Road, Qingdao, China.  
Tel: (0532) 5897888 Fax: (0532) 5897788 Post Code: 266071  
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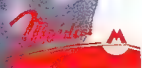
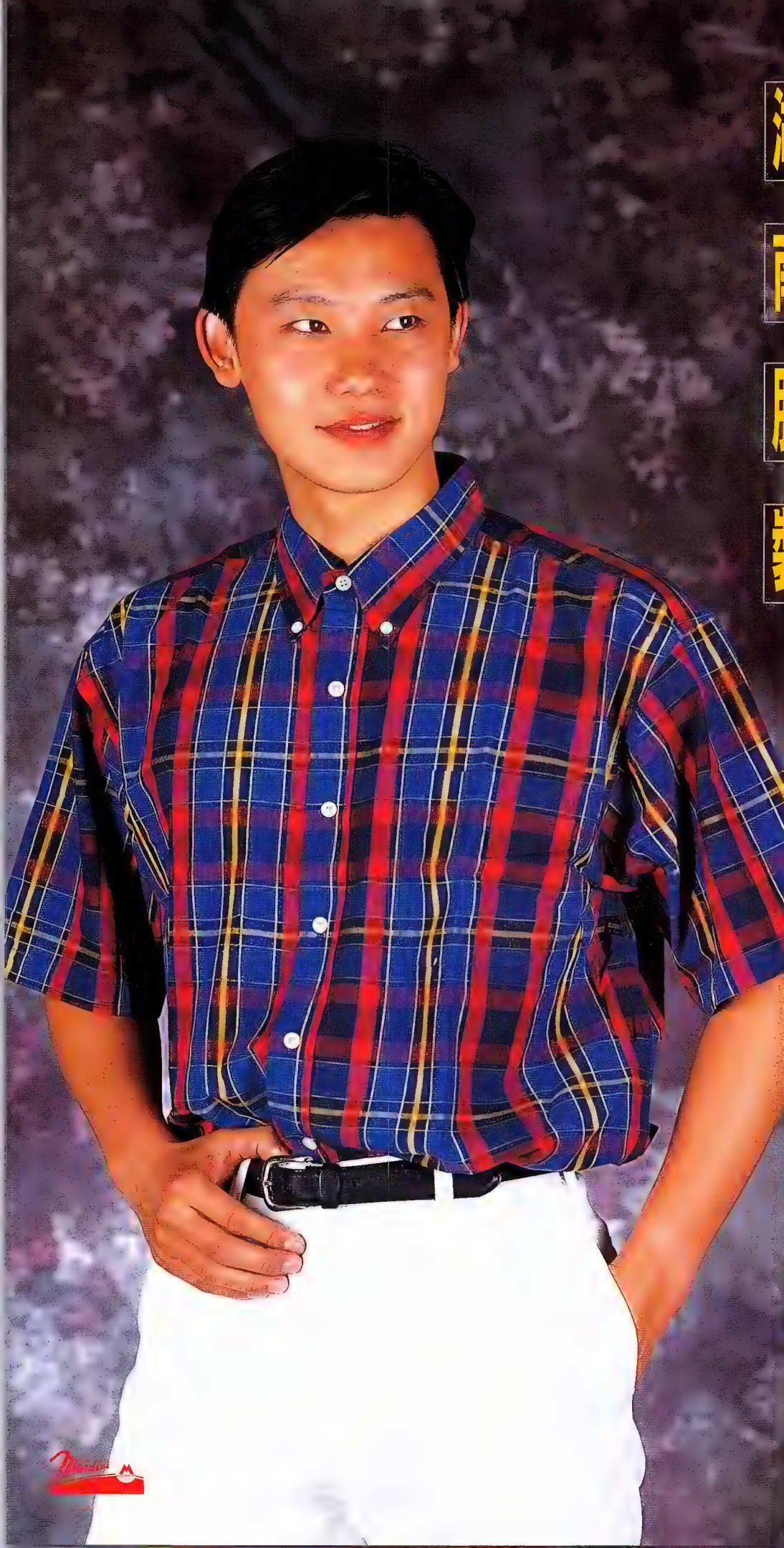
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# LEISURE The Golden Rock Beach in Autumn

In the golden month of October last autumn, I stayed for a few days at Golden Rock Beach and enjoyed a surprisingly wonderful holiday.

Photos & Article by Shan Xiaogang







### Golf Course on a Peninsula

As soon as I got off the train, I headed straight for Golden Rock Golf Course. This international standard golf course of 54 holes, of which a course of 18 holes has been completed, occupies a whole peninsula, with the sea on three sides and mountains on one side. The designers have made clever use of the unusual terrain and undulating rocky ground and laid out many challenging holes. What makes this golf course unusual is that seven of its holes are among the 100 most challenging holes in the world! Driving a cart, I toured each of the holes, and at each hole I tried my hand with different clubs, sending the ball to the green, to a sand pit, into the grass or to the edge of a cliff. While taking a short rest, I watched how other players conquered the holes one by one. It was really a joyous experience to walk on the resilient grass, smelling its fresh fragrance and watching beetle-like mowers crawling in rainbow-coloured mists in the setting sun.

When I checked into the clubhouse, I found it was a beautiful European-style building close to the sea. Surrounding it were flower beds, lawns, paths, and the sea. Walking in such an environment was like walking in a fairy ingeniously designed that

world. The building was so the sea is within view wherever you are, whether in your room, in the corridor, or in the lounge. The sunlight-filled lounge in particular affords a beautiful view of sea and sky. It was quiet. Some people were reading in silent absorption; others were sitting in repose with their eyes closed; and still others were, like myself, taking a rest after sweating out on the playground. Upon returning to my room, I stood on the balcony and watched the moon high in the sky while the dark waves of the sea lashed the rocks below. Silvery reflections of moonlight glittered on the surface of the sea. It was a scene that induced reveries.

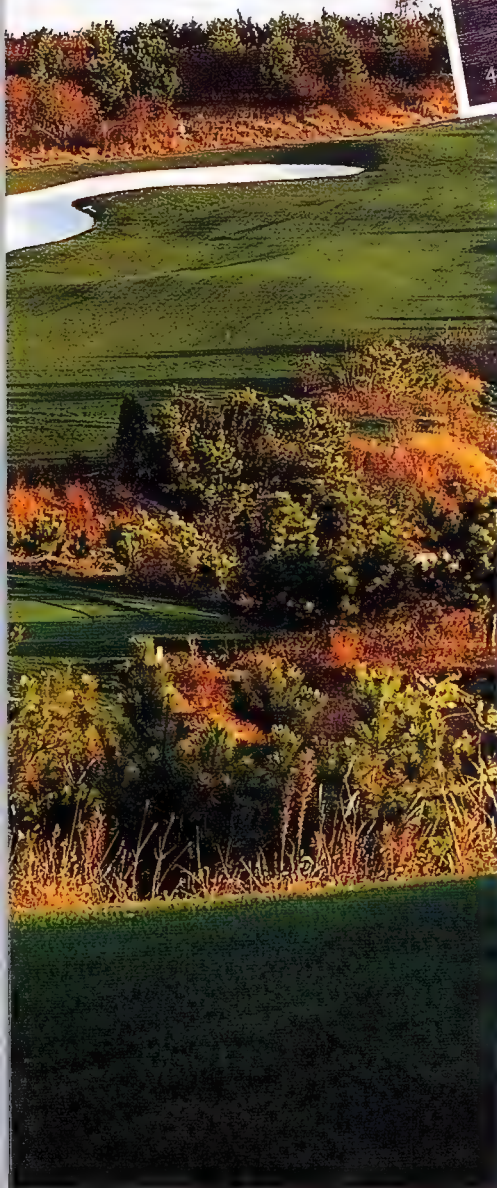
A purple starfish

1. Clubhouse of the Golden Rock Golf Course
2. Touring the golf course by cart
3. This fisherman's daughter wearing a red scarf looks about to be swallowed by the rocks.









### Gathering Seafood on the Beach

Early the following morning, my friend and I climbed onto a promontory to watch the sunrise on the Yellow Sea. The orange-coloured moon was gradually pushed westward until it sank behind the mountains. At this moment, a red glow began to emerge from between the sky and the sea, scattering golden flakes on the purplish red surface, soon tinting the beach, rocks and wooden houses with a golden hue.



To the east of the promontory is a little fishing harbour formed by nature with almost no signs of a human touch. We decided to walk over and have a look. At the harbour we saw burly fishermen, fishing girls wearing bright red or green scarves, and old men with a pipe in their mouths. We followed the girls to the beach to pick scallops, oysters, shrimps and crabs.

Suddenly, a storm broke and the tide was rising. The sky turned gloomy and huge waves rushed one after another to the beach accompanied by thunder-like noises. The fishermen were not afraid at all. They geared up their boats and dashed into the sea. It was a very stirring scene. I felt something on my feet. When I looked down, I found that the my feet had been wrapped by some seaweed and a few starfish brought up by the waves were resting on them.

### A 600-Million-Year-Old Septarium

After returning to the promontory, I brought myself to Turtle Beach to see the famous septarium, a cement-like mass of limestone, formed 600 million years ago during the Sinian and Cambrian periods. The 10-square-metre septarium is the only one of its kind in the world. The clean sea water is still washing the 600-million-year-old rocky mass so that the red and green lines on its surface are clearly visible. The lines formed beautiful patterns that look like the patterns on a turtle shell. It was the first time I have ever seen such a rock. The two arms of the little bay below the promontory extend into the sea, and when the tide rises, the rock is totally cut off from land. This is probably the reason why the septarium has been perfectly preserved. Among the weird rock formations eroded by the sea on Turtle Beach are many types of sedimentary rocks and a rich store of

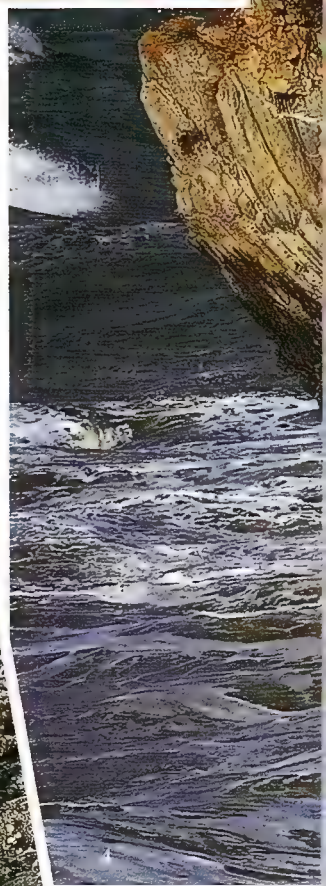
fossils, turning the beach into a natural museum of geology.

When the tide ebbed it was a good chance to see a whole forest of rocks on the southeastern shore. Some lay flat on the beach, and others seemed to soar into the sky. Some were shiny black, others mottled in a variety of colours. Many of them looked like animals, plants or human figures. My friend told me that there was a group of more than a hundred rock columns on the other side. All of them point towards the sea. People call them "A Hundred Animals Rushing to the Sea". Among them is a great stone arch called "Dinosaur Touching the Sea" because it looks like a dinosaur extending its neck into the sea. When the tide rises, a boat can go through the arch; and when the tide falls, people can walk through it. Among a group of standing rocks in the distance was one with wavy patterns on it, making it look like a beautiful blonde. Most wonderful to look at were the patterns on a group of distorted rocks – like flames, waves or rotten wood. As I stepped from one rock to another, I was amazed by the wonders created by nature, wonders beyond the imagination of human beings. ☺

*Translated by Tang Bowen*

1. Golden Rock Golf Course viewed from a distance
2. A beautiful swing
3. The hotel houses surrounded by greenness
4. Sunrise on the Yellow Sea
5. Courageous fishermen going out to sea in the face of a storm







# TIPS FOR THE TRAVELLER

• **Location and Transportation:** The Golden Rock National Tourist Area is located 50 kilometres to the northeast of the city of Dalian. It is a seaside resort formed by the sea, rocks and shoals. There is the famous Shenli Sculpture Park. The isles near Golden Rock Beach are ideal places for fishing. Close to the resort are the Golden Rock Golf Course, International Boating Club and a hunting ground. It takes about half an hour by taxi from Dalian. Telephone contact: (411) 735 0099

• **Climate:** Golden Rock Beach enjoys a temperate, semi-humid climate with distinct seasons. There is no extremely cold winter or hot summer. It is a resort for spending one's leisure all the year round.

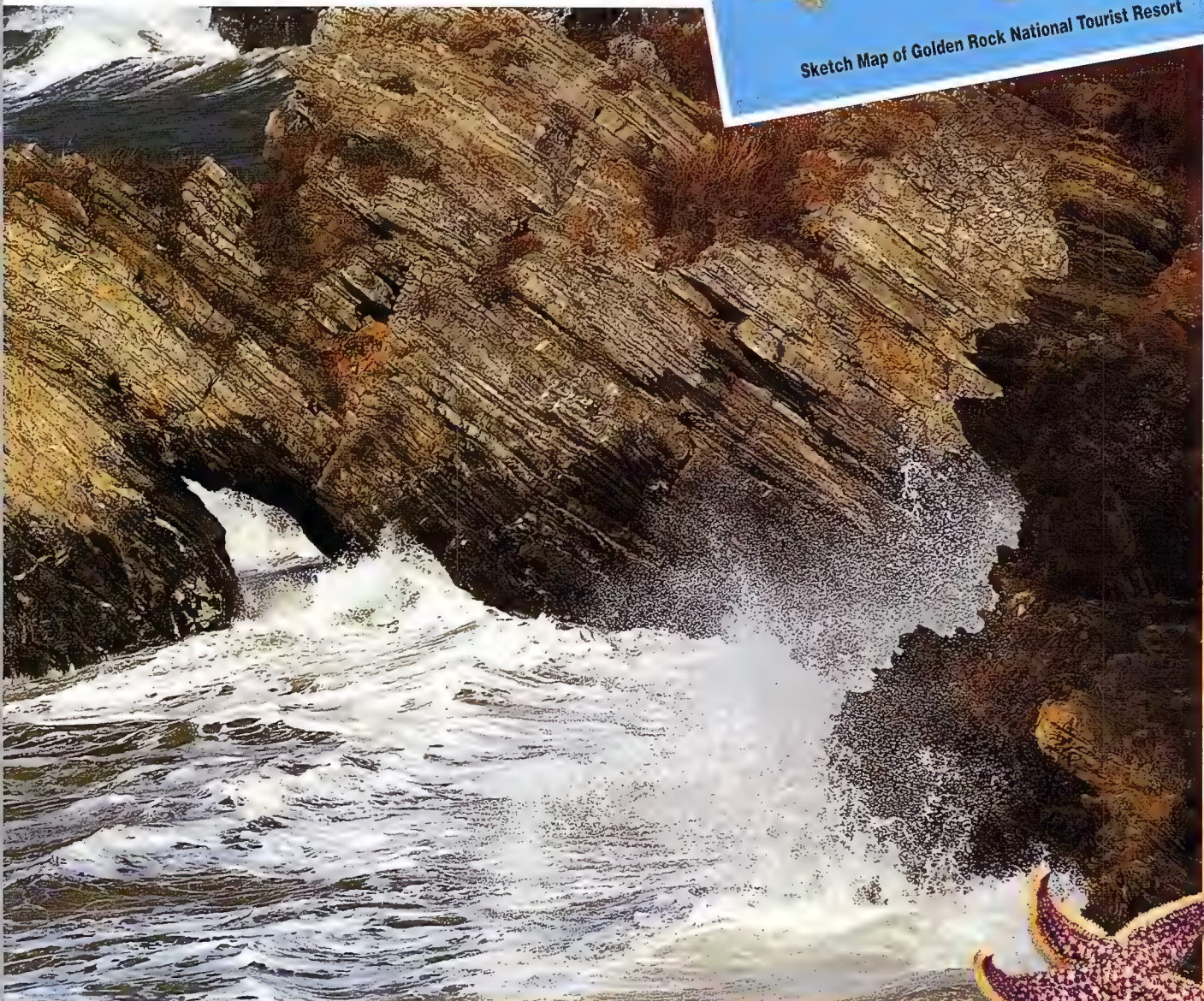
• **Accommodation:** Golden Rock Anchorage International Club:

Luxury room: 600 yuan (40% off-season discount)

Standard room: 380 yuan (50% off-season discount)

• **Attractions:** Golden Rock Beach is an attractive place for enjoying ocean scenery, watching the sunrise and sunset, observing the fishing harbour and studying sea-eroded rocks.

1. Children picking scallops and oysters
2. A rock standing by the sea
3. A visitor picks up a long strip of seaweed.
4. The "Dinosaur Touching the Sea" also looks like an elephant.





# A RESTAURANT ENTERTAINING STATESMEN

Photos by Fang Guoliang Article by Zhi Lang



2

**Did you know that Mao Zedong loved to eat "Diced Pork Braised in Milk and Yellow Rice Wine", Chen Yun liked "Carp Fried with Snow Bamboo Shoots", Ye Jianying was fond of "Cabbage Hearts and Carrots in Chicken Soup", and even Nixon had his favourite dish — all cooked in the same restaurant in Hangzhou?**

This special restaurant is located in Xizi Hotel, overlooking West Lake in Hangzhou, which has for decades played host to domestic and foreign statesmen. Its restaurant has now created a "Statesmen's Banquet" which presents a selection of the favourite dishes of VIPs who have dined there. The setting for such a feast is magnificent: the grounds of the hotel contain a traditional South China garden, and from there you can look across the West Lake and

see the Three Pools Reflecting the Moon, the Swaying Willows and Singing Orioles, with the Southern and Northern Peaks and Baoshu Pagoda in the far distance.

It was said that the place used to be a villa, built in 1927 by a wealthy tea merchant from Anhui. As it became one of the four biggest trading

centres in the West Lake area, the tea shop inside the villa also became renowned far and wide. All the tea chests and tables were made of redwood, and the teapots were the famous Yixing variety. Unfortunately, during the Japanese occupation in World War II, the villa and the shop were seriously damaged. Most of the decorations, such as ancient Chinese

music instruments and paintings, were looted, leaving only empty buildings behind. In 1958 the

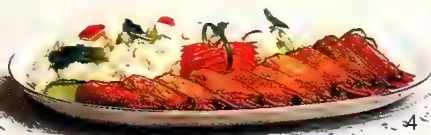
tea shop was renovated and converted into the present Xizi Hotel.

## Chefs Cooking for Mao Zedong and Deng Xiaoping

The hotel's dining hall is large and



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spacious, with a huge landscape painting of a panoramic view of the West Lake hanging on one of its walls. Even to enter a room as this makes you feel as if you were already a VIP.

On the first page of the menu there is a brief introduction to the two resident chefs. Han Baolin, now 80 years old, was trained as a chef at the age of 13, and has worked for over 50 years. He cooked for Mao Zedong 39 times and served many important heads of state from abroad. Zhang Jianxiong started his career in 1974 and is now the restaurant's master chef. Based on their experience of those dishes that the VIPs who came here seemed to like the most, the two masters have created a selection called the



with fermented soybeans. They are so delicious that Ho Chih-Min, the former chairman of Vietnam, acclaimed it greatly when he ate it. The dish that follows is called "South China Diced Pork". Cooked out of

were told by the hotel manager that all the vegetables are grown completely free from fertilisers and pesticides, and that all the meat and eggs are completely fresh.

How to get there: You can hire a taxi from the side of West Lake to get to Xizi Hotel for about 10 yuan. A standard "Statesmen's Banquet" serving 10 people costs 2,400 yuan. Reservations need to be made in advance. A word of warning, if any VIP is planning to be there at the same time as you intend to be, you would not be able to dine on that day, as the hotel closes down to all other visitors. 

*Translated by Xiong Zhenru*



"Statesmen's Banquet".

### Organic Vegetables and Meat Chosen for Its Freshness

The first dish that appears is called "Pearls and Turtle Skirt". Kim Il Song, the former head of state of North Korea, was treated to this dish when he came to visit Hangzhou. Next is a dish called "Arhat Prawns". These are giant river prawns baked

streaky pork in milk and yellow rice wine, this was one of Mao Zedong's favourites. However, not all leaders liked to eat fish and pork. Some preferred to have light dishes like "Cabbage Hearts and Carrots in Chicken Soup" and light snacks such as steamed buns stuffed with crab meat and fried cashew nut balls.

These dishes not only call for meticulous preparation but also the best ingredients. We

1. The dining room that has received Mao Zedong.
2. Framed Beancurd. The beancurd is first fried until golden, then the inside is scooped out and filled with minced shrimp, scallop and mushroom.
3. Cabbage Hearts and Carrots
4. Arhat Prawns
5. Roasted River Snails
6. Building No. 1 was Mao Zedong's exclusive villa in the past but now is for hotel guests.
7. The Wangzhuang Villa
8. Sunset over West Lake as viewed from Xizi Hotel





# THE JADE CARVINGS AT XIUYAN

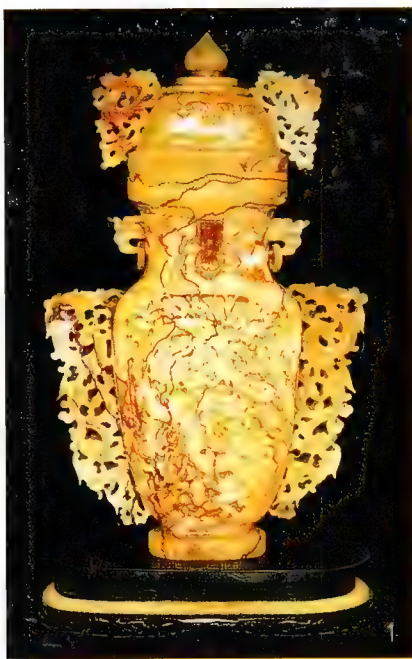
*Photos & article by Zhao Chaoxun*

Nestled in Liaoning Province is a beautiful area surrounded by undulating mountains, and known everywhere as the home of jade. This is Xiuyan County, where the capital city by the same name is devoted to the exhibition and sale of jade.

As one of the three largest jade producers in the world, China has valued jade since at least 2,000 B.C. Jade carvings appeared in China as early as the New Stone Age. Traditionally jade is perceived as being green in colour, but natural impurities in the stone can cause it to be white, grey, blackish-green, yellow, blue, red, mauve or brown. Jade can also include fine veins of white marble, or of coarser stone (jade marrow), quartz (as in Mixian jade) or contain snake-like veins (as in Xiuyan jade).

When jade was first discovered, objects such as axes, spears and weapons were made with it. By the late New Stone Age, more complex jade artefacts appeared, carved with exquisite patterns and polished as shiny ornaments. Jade objects have always been regarded as valuable. The ancients used to say: "Gold has a price, but jade is priceless." The word "jade" in Chinese has the same connotations that "gold" has in English.

Xiuyan jade has a long history. In 1976, excavations of a 2,800 year-old tomb brought to light several thousand burial objects and amulets belonging to a woman who had lived in the Yin Dynasty. Some artefacts were of



Xiuyan jade. These exquisite objects were intricately patterned and demonstrated a high degree of craftsmanship.

Research has found that jade carving in Xiuyan began as a formal occupation in 1716 (during the Qing Dynasty). Craftsmen from Shandong, Hebei and Henan came to Xiuyan to set up their businesses to carve jade. However, due to their limited tools and techniques, they were only able to produce simple objects such as hollow cylinders, simple paperweights, tea sets, wine cups, small balls, ornaments and seals.


In 1957 a jade quarry was established in Xiuyan County and soon after that, Xiuyan County Jade Factory was set up. This resulted in better techniques for carving jade being used, as a large number of jade artists at the factory received training from the country's master craftsmen. Thus a number of fine jade objects, such as stoves, bottles, figurines, birds and animals started to appear.

As jade carvings can differ greatly in quality and craftsmanship, their prices

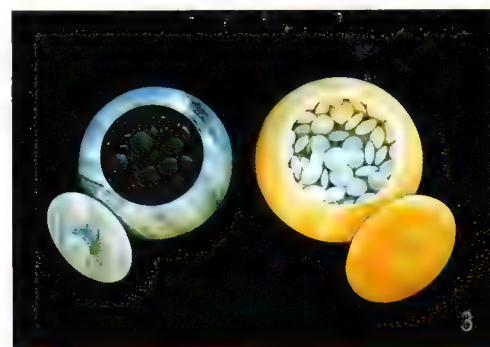
can likewise vary. Large works of art can sell for 1 million yuan; medium-sized works for 50,000-800,000 yuan; smaller objects for 10,000-40,000 yuan; and miniature works can range from 300-10,000 yuan. Small souvenirs, on the other hand, can be bought for 50 to over 100 yuan.

When selecting pieces made from Xiuyan jade, choose those which are green, translucent, and free from specks. Of course, objects in other colours of jade are also very good. Usually the artists let their work be guided by the colours and natural patterns in the jade, allowing the colour and texture to speak for themselves.

Spectrum analysis has found that jade consists of 10 trace elements which are beneficial to one's health. As a result, jade pillows, pendants, bracelets and other health objects are becoming increasingly popular.

Be wary of false jade. Most pieces of jade contain specks of impurities. Unblemished jade is seldom found. Xiuyan jade is soft and smooth and produces a clear sound when tapped. Fake pieces, made of glass or stone, do not produce such a clear resonance. 

*Translated by Xiong Zhenru*



1. A jade bottle
2. Hairpins and combs made of jade
3. Jade counters and containers for playing *weiqi* (a Chinese chess game)



## Orchards in Confucius' Hometown

Tourists to Qufu, birthplace of Confucius, have more choices to put on their itinerary nowadays. Besides visiting the ancient mansion, temple and mausoleum of Confucius, they can also choose to stop at an orchard to pick fruit, or go boating and fishing. Agricultural tourism now accounts for 30 percent of the city's tourism income.

## Crane Breeding, Shenyang

Shenyang Zoo has artificially bred and raised 239 red-crown cranes, an endangered species under state protection. The red-crowned crane is regarded as a symbol of longevity and prosperity in Chinese culture. Since its founding in 1989, the crane breeding centre of the Shenyang Zoo has made great efforts in breeding the endangered birds, raising them and then sending them back to nature.

## Dunhuang Documents Returned

Eight ancient Dunhuang documents have been returned from Japan to the Dunhuang Research Institute. According to experts, these thousand-year-old documents originated from one of the Mogao Grottoes. Dunhuang documents, Buddhist sutras and works of art are scattered throughout a dozen foreign countries. Over the past 10 years, Chinese archaeologists have made painstaking

efforts to retrieve the lost relics.

Dunhuang Research Institute plans to hold a series of activities in 1999 to mark the 100th anniversary of the discovery of the treasure cave where many priceless relics were stored.

## Lijiang Recovers, Yunnan

Lijiang, a favourite tourist destination in Yunnan Province, has recovered from a strong earthquake in February last year, which killed 300 and injured 16,000. The prefecture's industrial and agricultural output has reached the pre-quake level, and 97 percent of the affected families have had their houses repaired or rebuilt.

Tourism in the area has also revived. In the first half of this year, Lijiang received 920,000 tourists. Lijiang is inhabited by minority ethnic groups. It attracts tourists from home and abroad with its beautiful scenery, ancient architecture and unique folk culture.

## Gandain Monastery Renovated, Tibet

The renovation of Gandain Monastery, a famous Tibetan Buddhist temple, was completed recently. Located 60 kilometres to the east of Lhasa, Gandain is one of the three largest monasteries in Tibet. Built in 1409 by Zong Kaba, founder of the Gelug Sect of Tibetan Buddhism, the monastery was listed as a cultural relic under state protection in 1961. It was destroyed during the turmoil of the "Cultural Revolution" (1966-76).

In 1993, the central government allocated more than 26 million yuan (US\$3.13 million) for a comprehensive overhaul. Over the past four years, 40 experts on ancient architecture and over 900 workers have worked on this immense project, and have rebuilt 11,192 square metres of temple buildings. The temple's 1,660 square metres of original murals have been restored, and 41 kilograms of gold have been used to regild the roofs. In addition, a drinking water project and 29 mini solar power stations have been built for the benefit of the monks.

## Glacier Evidence, Hebei

Nine stone cauldrons in Fengning County, Hebei Province, have turned out to be rare ice mortars formed more than 1 million years ago. They were formed by melting water at the bottom of a glacier, which swirled and carried stone down, abrading the granite structure to form a spiral-shaped pit, or ice mortar. Experts from the Chinese Academy of Geological Sciences said this is strong evidence of the existence of a glacier which might have been as big as the ice sheets of Antarctica or Greenland.

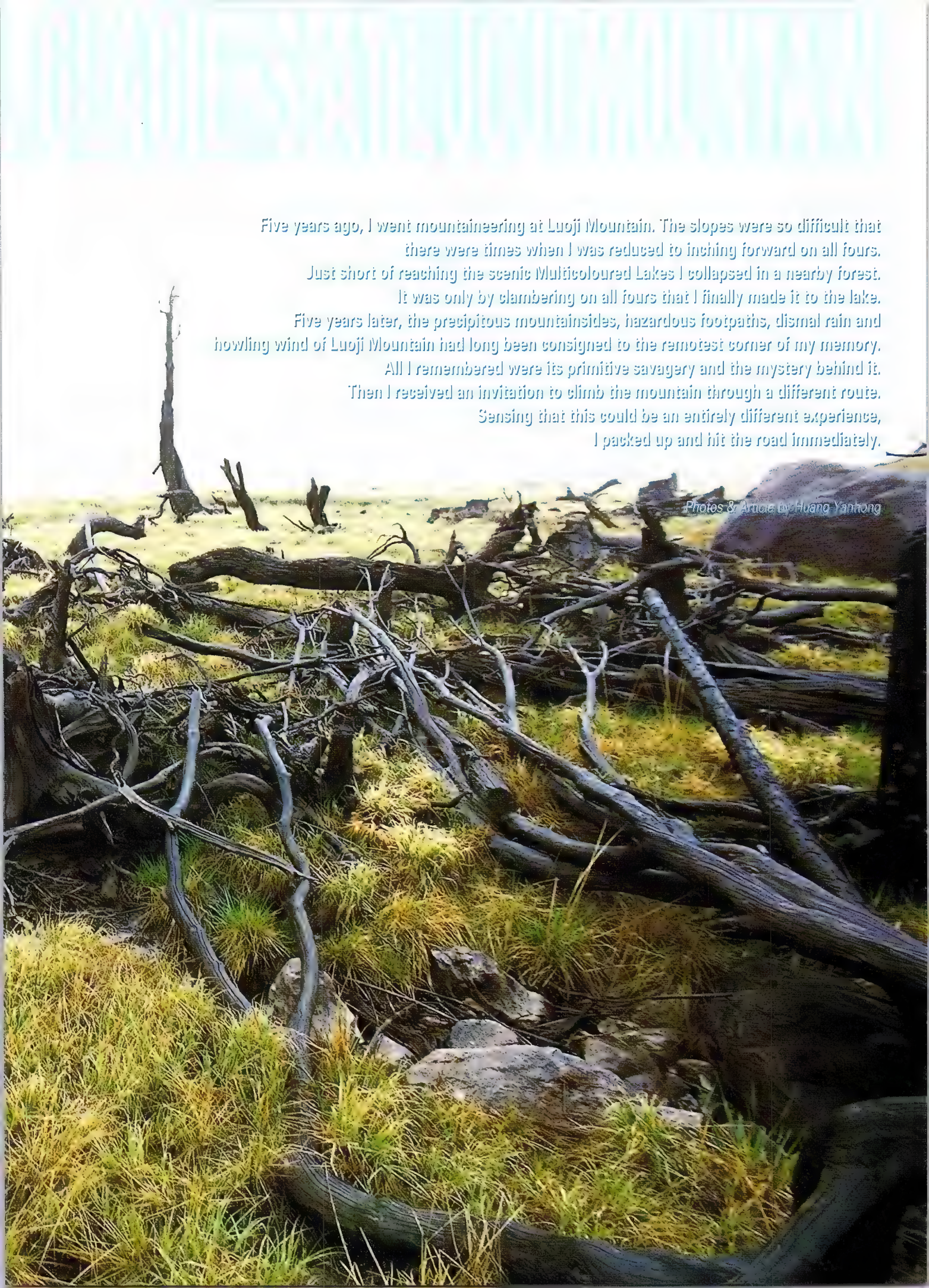
## New Glacier, Yunnan

A new Glacier has been found at an elevation of 2,700 metres above sea level in Yunnan's Degen County. It is the southernmost glacier found in China. The glacier has been formed by ice and snow avalanches from Meili Mountain.









Five years ago, I went mountaineering at Luoji Mountain. The slopes were so difficult that there were times when I was reduced to inching forward on all fours. Just short of reaching the scenic Multicoloured Lakes I collapsed in a nearby forest. It was only by clambering on all fours that I finally made it to the lake. Five years later, the precipitous mountainsides, hazardous footpaths, dismal rain and howling wind of Luoji Mountain had long been consigned to the remotest corner of my memory. All I remembered were its primitive savagery and the mystery behind it. Then I received an invitation to climb the mountain through a different route. Sensing that this could be an entirely different experience, I packed up and hit the road immediately.

Photos & Article by Huang Yanhong



At Puge county, Sichuan Province, I joined a team of 20 geologists, painters and photographers from the mainland, Hong Kong and Taiwan. Every one ran an adrenaline high to explore the rich geological tourist resources as part of an effort to turn the place into a world-class fossil glacier park allowing for both scientific studies and tourist sightseeing. Several dozen local porters were hired to help carry supplies of tents, quilts, overcoats, vegetables, rice, pork, and what not. The first day, the team arrived at Qiaowo, and stopped for the night at a place where water spilling from a string of hot springs converged to form a steamy waterfall.

### **Muscle Flexing at Hot-Spring Waterfall**

This rare combination of hot springs and waterfall is a natural wonder of Puge County. Knowing that the forthcoming journey was to be back-breaking, our team leader wanted us to take a bath and relax in the hot springs.

At Qiaowo we turned to a forked road, and pursued a treacherous path which ended at Qingganping. We began rambling along a ditch which cut its course into a mountain cliff

that plunged down to a turbulent river below it.

An hour later, the hot springs and the waterfall revealed their imposing presence before our eyes. A steaming waterfall tumbled from a chasm on a cliff and fell down to a huge monolith 30 metres below, breaking into showers of pearl-like water droplets. Then, the warm water gushed, flowing over crags covered with downy moss beneath the waterfall. We were told that on a sunny winter day, as vapour wafted from the hot springs, the entire glen would be enveloped in a golden mist. Behind a curtain of water streaks, and skirting by a number of huge rocks, we saw two ponds large enough to contain a dozen bathers each. Above them lay another "bathtub" big enough for 30 people. Standing below the waterfall and letting the warm water flow over your shoulders is a most soothing experience – it is like receiving a massage from nature's invisible hands. We felt as if we were at Monkey King's water-curtained cave up the Mountain of Flowers and Fruit.

### **"Dragon Ridge" Obliterated in Clouds**

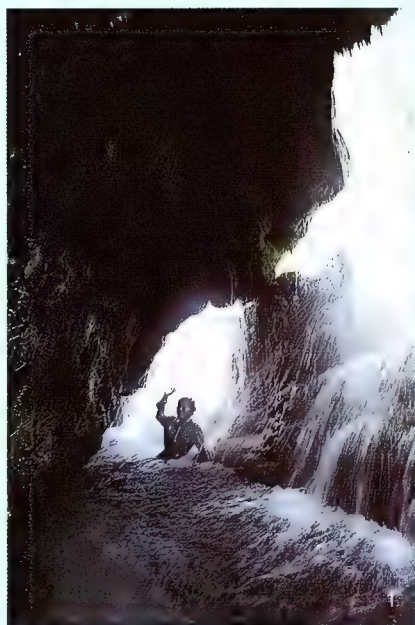
The next morning we reached the mouth of Qingshui Gully and began the most arduous climb of our journey. Five years earlier, I had gone up the mountain from the north slope. The route now, which followed a

chasm in the east slope, was even steeper.

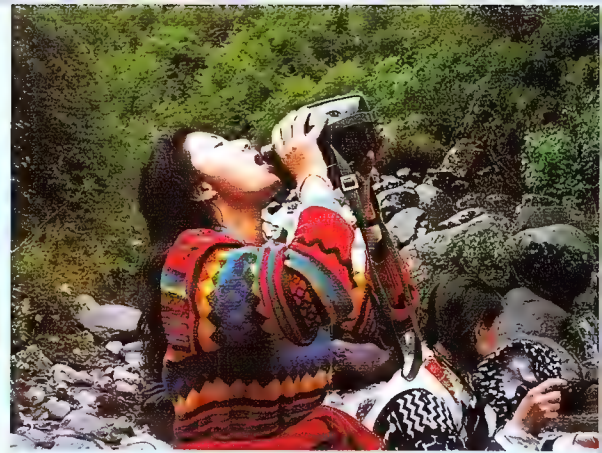
What spread before our eyes was a huge basin about two square kilometres in area, bordered by perpendicular slopes nearly 100 metres in height. The basin came about as a result of repeated pounding of molten runoffs from glaciers in remote antiquity.

One geologist teammate told us that the entire body of the Luoji Mountain, situated in the middle section of the Xikang-Yunnan axis, consists of a single anticline that follows a south-north tack. About 800 million years ago, some volcanoes erupted, and in the ensuing movement of the Himalayas, the Indian Plate crashed into the Eurasian Plate, thrusting the stratum of rocks upward so that they haphazardly punctuated the surface of the rough and tumble terrain with monoliths. Sensing our bewilderment with the technical terms, another geologist hastened to explain in popular terms that Luoji is home to some rare fossil glaciers, such as horns (pyramid-shaped peaks), stocks, semi-circular glaciers, cirques, glacier troughs, cross-walls, glacier steps, and moraine lakes.

Fascinated by the explanations and wanting to learn more, I followed my geologist teammates closely along the way so that with their advice the photographs I took could gain a "scientific footing". With their help I was able to discern a unique "dragon's crest" in an otherwise ordinary-







looking ridge, that had come about as a result of glacial movement. The cloudy haze, however, was so dense that visibility was reduced to a dozen metres or so. The "dragon's crest" lost its magnificent appearance.

My geologist companions were all in their fifties, but they were unusually strong thanks to long years of field work in the wilderness. That was why they always walked in the van of the entire team.

### A Six-Kilometre Ordeal

Mountaineering is no mean feat, especially when one is travelling in uncharted territory. This was where our hired porters, who were mountain people of the Yi ethnic minority, came in handy. Bearing our folded tents, bedding and food on their shoulders, they travelled in nimble, effortless steps. One of them was a 13-year-old boy, who, despite his young age, handled the same workload as his seniors.

During a breather, I looked over my shoulder and realised that I was doing fine – some teammates were struggling with the geological turmoil even more laboriously.

Blood drained from the lips of Mr. Zhuang, a photographer from Taiwan, when

he had hardly covered a quarter of the trek. In the beginning he took pictures with great relish, but before long his photographic kit was consigned to the shoulders of a porter.

"Didn't you say the journey was only six kilometres?" he asked, panting. He collapsed on the ground when told that the figure indicated only the direct vertical distance. To actually reach the destination one had to trudge nearly 30 kilometres. Zhuang was a lover of mountains who had conquered Mount Huangshan eight times, but he had to admit defeat on Luoji Mountain. When two more teammates announced that they were

too spent to go any further, a local official was assigned to guide them back to where they had started.

**Previous page: Great wilderness: Marshland by the Great Lake**

1. The journey brings the traveller across a cluster of hot springs.
2. Taking a break
3. It drizzles continuously as travellers make for the Great Lake.
4. Sea of clouds at Luoji Mountain (by Han Yuanhua)
5. There is no lack of drinking water along the route.
6. In the virgin forest: beauty at its most primitive
7. The world's longest (50 metres) glacial groove







### Miss Gu Takes a Tumble, Albeit Gracefully

I was rather impressed by the way my two young female teammates handled the rigors of the adventure. Their slim, feeble builds were deceptive, for they were full of vigour and vivacity while tackling the treacherous mountain paths. All the time Ms. Liu, a painter, was shooting pictures, and aahing and oohing over whatever scenery amazed her, be it azalea-covered slopes, or a primitive forest. Ms. Gu was a TV programme hostess who had worked for a time as a dancer. That was why even when she tripped over accidentally she never lost her graceful bearing. By contrast, whenever we lost our balance, we were guaranteed to make a

spectacle of ourselves.

Ms. Gu was also a good singer. She sang with a rippling voice. One of the lines she sang ran like this, "I want so much to follow the gentle breeze and float out of the river of cloud, and be brave enough to bid farewell to spiritual barrenness and solitude." Our fatigue evaporated into thin air whenever her voice rose. However, with the steady elevation of the altitude, she quit singing. Obviously, the rarefied air made it impossible for her to "float out of the river of cloud". The "river of cloud," instead, was actually spitting rain head-on upon us in a persistent way, making our situation even more unbearable.

### World's Largest Glacier Trough at Fifty Metres

When we climbed to a place 3,500 metres above sea level close to Dahaizi (Great Lake), I spotted a slip of paper placed under a stone by the road. On it was the message together with an arrow, "The largest glacier trough in the world." The characters were written with a ball pen, each stroke having been repeatedly traced to draw attention.

Needless to say, it had been left by a geologists who was rambling ahead of us at the time.

In the direction indicated by the arrow-head we repaired to the forest on the right side, and emerged to see a sharp trough on the other side of a stream at our foot. Eight big red-painted Chinese characters were carved into the cliff which read, "World's Largest Glacier Trough". The trough, running along the width of the cliff, is more than 50 metres in length, 3.5 metres in minimum width, and about two metres in depth.

Actually Luoji Mountain is strewn with glacier troughs on a scale rarely seen in the world. Most of them are found in groups and





situated one on top of the other in Qingshui (Clear Water) Gully and Zhenzhu (Pearl) Lake Zirkustal. In their prolonged slow movement, the glaciers left distinctive marks on solid rock, as if showcasing the remoteness of an age lost long, long ago.

### Instant Noodle Bags as Trail Signs

The higher we climbed, the more tortuous the footpath became. Actually, there was no "road" to speak of. We were picking our way in the midst of pebbles. In some places the pebbles disappeared totally, and we had to move gingerly on a layer of wet and slippery fall leaves and branches.

At 6:00 p.m., we finally arrived at the Great Lake. The altitude here was 3,800 metres above sea level, and our breath was laboured for oxygen deficiency. Because of the heavy mist, we could not see the other side of the lake. The trees in the marshland were withered but stood there stubbornly nonetheless. Many of them had been struck dead by lightning.

We proceeded along the lakeside, impatient to find the location of our campsite. The road forked, one way leading to the

marshland on the shore, and the other to a dense forest up the mountain. We had no alternative but to divide into two groups to scout the terrain. Those who took the lakeside route soon ran into the porters who were waiting there to escort us to our campsite.

### Camping in the Rain

Due to the capricious weather, we spent an unforgettable night by the Great Lake.

Before we reached our campsite, the porters had already pitched tents for us. An inflated mattress was placed in each tent.

We first huddled around a bonfire to dry our shoes. To keep ourselves warm we drank a few drops of liquor and draped cotton-padded overcoats over our shoulders. The porters had already mounted a big wok by a tiny stream and were preparing supper. The meal was rather generous, and the treat of the day was chunks of pork prepared in the ethnic Yi style, which tasted really good with pepper and salt. Right after supper every one ducked into his or her tent and hit the sack immediately.

### Glacial Erosion at Pearl Lakes Zirkustal

After breakfast the geologists showed us to a number of well-known sights. These include the Roches Moutonnées ("Goat-Back Rocks") clustered around the lake, and a whaleback formation consisting of five or six juxtaposed rocks 50-odd metres in length and 7-8 metres in width, which looks like the back of a whale protruding through the sea surface. Glacial striae are visible on the "whalebacks".

Climbing up a huge cross-wall 180 metres in height, we entered the extensive Pearl Lakes Zirkustal. More than 20 lakes of varying size and shape are scattered over an area of about two square kilometres. The Duocai (Multicoloured) Lake is obviously the most spectacular. It has a good assortment of rocks, water weeds and humus which present a multitude of colours. The beauty of the scene is heightened by vast expanses of blooming azaleas on the shore. Excited by the sight of glacial cross-walls, lifelike Roches Moutonnées, glacial pins, nunataks, and a large assemblage of glacial grooves, our geologist teammates waxed eloquent, talking a blue streak about the ABCs of geology. We stopped by the Pearl Lakes for the night.

### Regret of a Mission Unfulfilled

The first thing we did after getting up was watch the sky, and it was cloudy as usual. After some local friends concluded that the weather would not clear up in the short run, a decision was made for us to evacuate two days ahead of schedule.

All we needed was one more day to mount the northern slope for an all-encompassing view of the Zirkustals at Pearl Lakes and Jiemei (Sister) Lakes, whence we could have made directly for the summit and set foot on glacial-eroded rocks for a panoramic view of the glacial park. It was with much regret that we bid farewell to Luoji Mountain. ☹

*Translated by Ling Yuan*



**Location Map of Mt. Luoji**



**Sketch Map of Glacier Troughs on Mt. Luoji**

## TRAVELLERS' TIPS

Those aspiring to conquer Luoji Mountain may first go to Chengdu, where they can take the train to Xichang. Then they have a choice of two routes. They can take a bus either to Baibaiding, or to the mouth of Qingshui Gully in Puge County. No lodging places are available in the mountains, and you should either bring along your own tents, or make do in some animal barn. Be sure to bring your own food. Conditions in the mountain are harsh. You are advised to contact the local township government and seek their help if you want to hire a local guide.

1. Campsite by the Great Lake
2. The first thing to do upon arrival at the campsite is to dry one's shoes by the fire.
3. Picnic by the Pearl Lakes

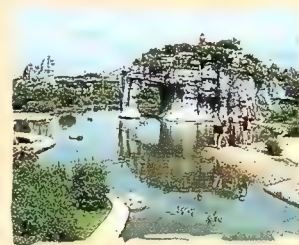
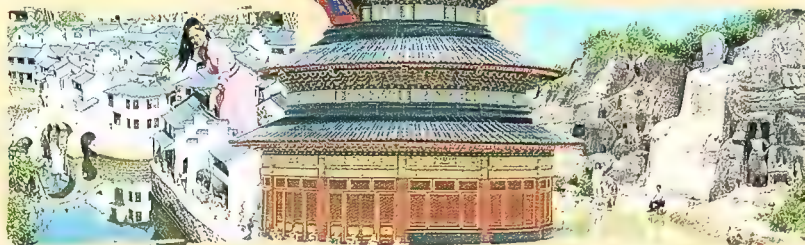
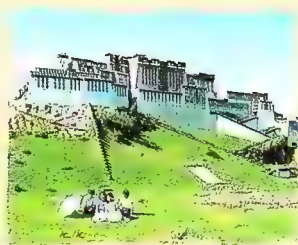


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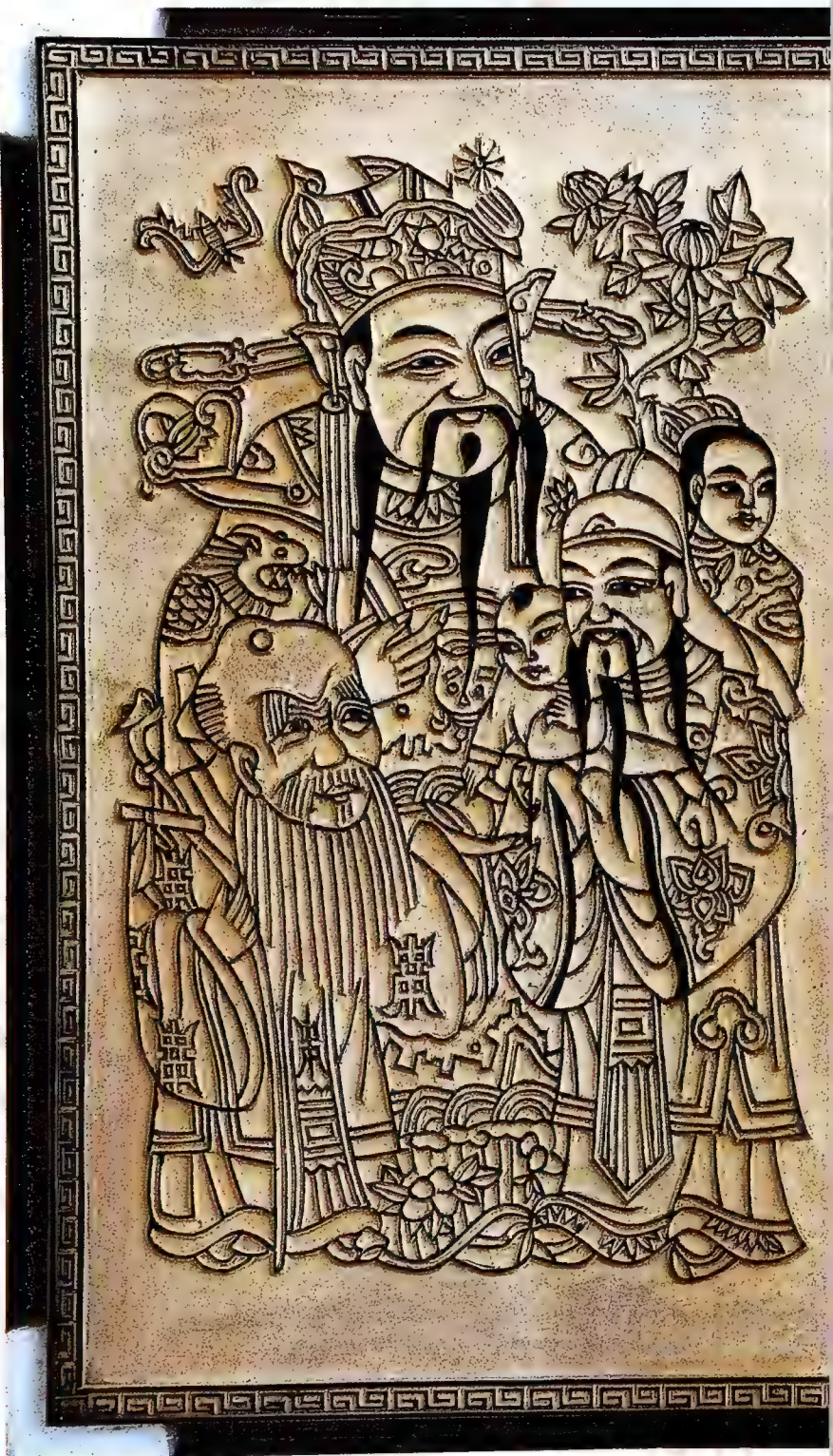
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C U L T U R E S

*Photos & Article by Shan Xiaogang*

FOLKLORE,  
ART AND  
GOOD LUCK  
WISHES —  
NEW YEAR  
PAINTINGS  
FROM  
YANGJIABU



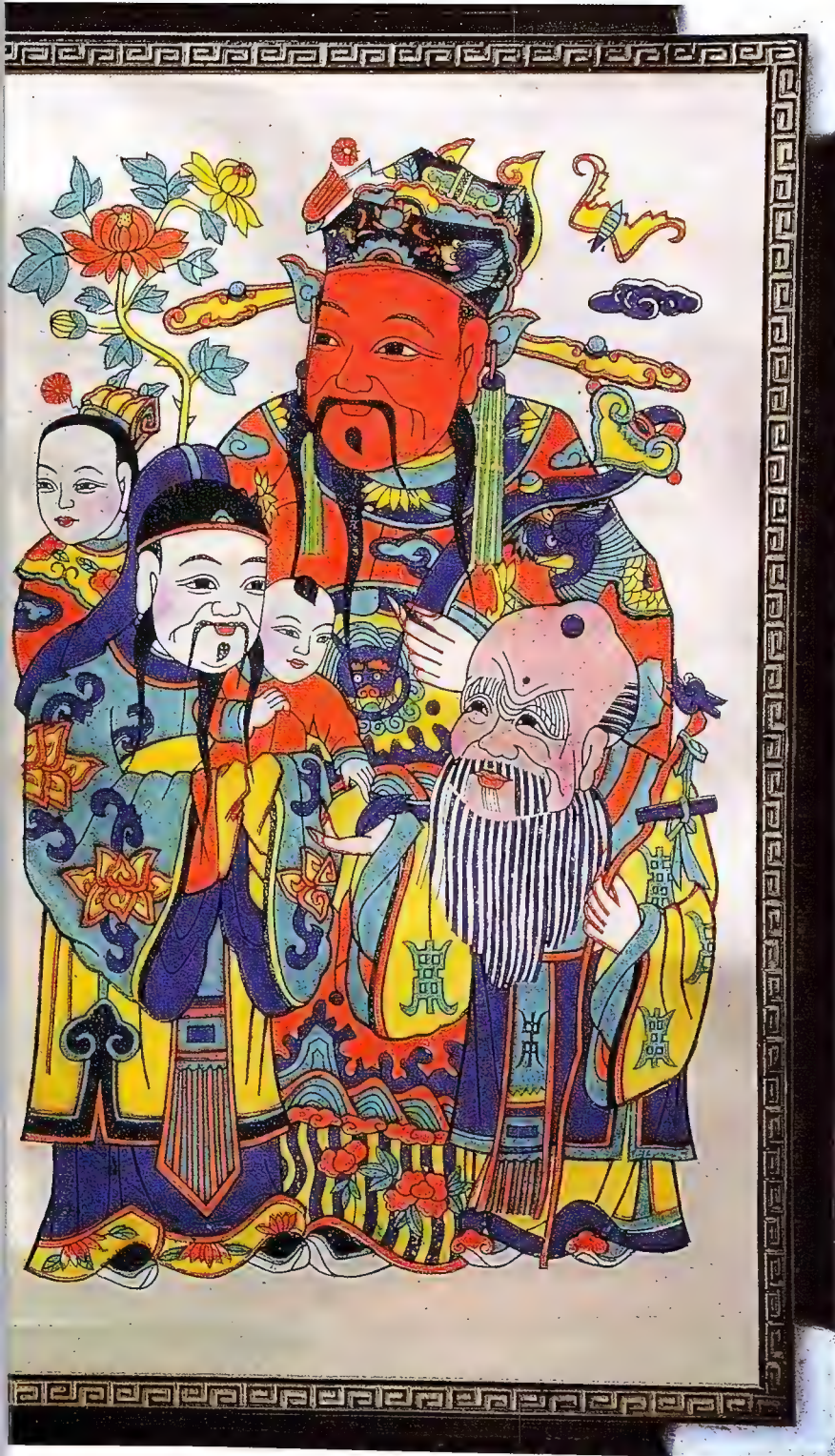


It is an intrinsic part of Chinese tradition to hang New Year Paintings on doors and walls in celebration of the end of the old year and the beginning of the new. This special style of painting can be traced back to the reigning years of Yao and Shun, two legendary emperors who ruled China's earliest tribes.

New Year Paintings originated from the custom of placing pictures onto doors. Since traditional houses had doors that opened in two halves, the paintings were always made in pairs. The paintings were pictures of two gods called Shenchu and Yulei, later to become known as 'door gods'. It is believed, even today, that these two gods stand on guard to protect the household from evil spirits and to bring good luck to all those within.

Door paintings became very popular during the Western and Eastern Han dynasties (206 B.C.-A.D. 220), and eventually developed into wood-block paintings in the Song Dynasty (420-479). Up to the turning period between the Ming and the Qing dynasties, three schools of wood-block New Year Paintings had distinguished themselves – that of Weifang, from the province of Shandong, Yangliuqing in the suburbs of Tianjin, and Taohuawu in Jiangsu Province.

Yangjiabu Village, lying in the suburbs of Weifang, is the birthplace of the Weifang school of New Year Paintings. The skill was brought to the village by an ancestor of the Yang clan who moved to Shandong from Sichuan in 1369 (the majority of the villagers have the surname Yang, hence the name of the village). His wood-cutting skills were already well-developed from his hometown so after he settled down, he began to hone his skills. The result was that he developed a unique, artistic style of New Year Paintings full of Shandong flavour. The painting industry went on to flourish in the village of Yangjiabu during the Qing Dynasty when, for a time, approximately a hundred painting shops could be counted, producing a thousand different varieties of New Year Paintings.











Yangjiabu's New Year Paintings are highly acclaimed owing to their rich content, and their unique style created from a mix of simple lines, striking colours, original layout and vivid figures. They aptly convey a wide range of subjects based on the lives and hopes of the farmers. Among the most popular paintings are those depicting happy celebrations, bountiful harvests, longevity and good fortune. Paintings focusing on avoiding disasters and bringing happiness are always in high demand.



Images of characters found in legends and fables are often used to convey messages, as are historical figures; and flowers and animals are used in expression. For example, a magpie perched on the branch of a plum tree signifies bringing happiness to the family; peonies and butterflies painted together indicate wealth and longevity; orange, peach and pomegranate drawn together in one picture expresses the wish to attract more happiness, a longer life and more children; mandarin ducks, water lilies, butterflies playing among flowers, two flowers blossoming from a single stem or two birds flying together mean devoted love.

**Previous page:** Though both pictures depict the Door Gods, they appear different because of the different techniques applied in carving and printing.

1. A work bench where the pictures are printed
2. Golden Boy, a popular painting for bedroom doors, expressing a couple's wish to have a son.
3. Striking colours and simple patterns make a New Year Painting even more eye-catching. (by Chapman Lee)
4. After the draft, the design is worked on and serves as the blueprint for the carving.





A New Year Painting has to go through several processes before it is ready to be sold. Higher grade paintings would also be mounted before being sent to the market. First, a draft design is made in the form of a drawing – this is the “blueprint”. Once the artist is happy with the design, the picture is copied onto white paper which is then fixed to the back side of a block of wood, onto which the design will be carved.

The block of wood, or plate, is made of pear or crab-apple wood. While carving the design from the blueprint, the master does not just copy the original design: he embellishes it with his own creativity and the masterful strokes of his carving knife.

The next step is the printing. Each one is done by hand. But the work is not finished yet. The picture is examined and colours are added where necessary until the painting is perfect. The paper on which the picture is printed is the finest high-quality *xuan* paper, and the inks used are special too. Yangjiabu New Year Paintings can remain as fresh and as colourful as the day they were made.

The skill was always passed down orally by a master to his apprentices. It usually took the apprentice three years to learn the techniques of carving, printing and painting. It was also traditional for a father to pass on his skill to his son. Therefore, in Yangjiabu Village, it is not unusual to find New Year Painting workshops where four generations of a family work together.

Yangjiabu is a village of 300 households, 80 per cent of whose residents are involved







in the New Year Painting industry. Many of them are skilful masters whose works have been exhibited at home and abroad.

Yangjiabu New Year Painting Research Institution was founded in 1979. Many rare historical works, including a collection of 500 well-preserved Qing-dynasty paintings, are on display at the institute.

*Translated by Eva Liu*

## TRAVELLER'S TIPS:

**Transport:** Take a train from Beijing, Jinan or Qingdao and alight at Weifang. Change to bus No. 5 and alight at the stop of Hanting Qu, then walk for about one kilometre.

**Shopping:** To purchase the paintings by mail, write to the Yangjiabu New Year Painting Research Institution. Add: Weixian Road South, Hanting District, Weifang City, Shandong, 261100, China Tel: (536) 725 2058 Contact: Yu Hongwen

1. Rare hand-bound works for collectors
2. The paintings must be dried before being mounted and polished.
3. Cow in Spring, implies a bumper harvest and a surplus of food and clothing – it is a favourite of farmers. (by Chapman Lee)
4. New Year Paintings with historical figures (by Chapman Lee)
5. The carving of a wood block requires great skill.
6. The process of manual printing: the outlines are printed first, then colours are added in turn with different plates.
7. Yang Hongjie, a master of Yangjiabu New Year Painting, in the exhibition room



# THE LI PEOPLE IN HAINAN

Article by Iris Wong

*Situated in a sub-tropical zone, Hainan is a beautiful and richly endowed island inhabited by the Han and several ethnic minorities of tropical lifestyles and customs. The first group to settle here were the Lis. According to archaeological records, the Li people established their matriarchal society on the island 3,000 years ago during the Zhou Dynasty (c.11th Century-221 B.C.).*

Currently the one million Li population is composed of six branches known as the Sanxing, Sixing, Xiao, Qi, Shengtie and Meihu on the island. Most of them are concentrated in Tongshi, the capital of Hainan Li and Miao Autonomous Prefecture, as well as such counties as Baoting, Ledong, Dongfang, Qiongzhong, Baisha, Lingshui, Changjiang and Yaxian. The remainder live in mixed communities with the Han and Hui people in other parts of Hainan.

## Indigenous Products

Hainan enjoys an adequate rainfall and fertile land. Its abundant products provide the Li people with a rich supply of everyday requirements. Rice, corn and sweet potatoes grow all year round. Yield of other products, including coconut, betel nut, sisal hemp, lemon grass, cocoa, coffee, rubber, palm oil, cashew, banana, pineapple and mango are also substantial. The numerous

ideal harbours around the island also serve relatively developed fishing and salt industries. Among the island's expensive aquatic products are pearls, coral and hawksbill turtles. Its mineral products include copper, tin, crystal, phosphorus, iron and tungsten. Primitive forests on the island are not only a source of lucrative timber but are also home to rare animals and birds, including black gibbons, otters, civets, bears and peacock-pheasants. Expensive medicinal materials including pilose antler and bear gall are also produced here.

Li women are renowned for their expertise in textiles, particularly in the manufacture of silk and cotton based products. Moreover, their embroidery skills are known the world over.

## Costumes

The most common apparel for Li women are buttonless jackets and bucket-shaped skirts. Their jackets all have







embroidered edges. Li women tie their hair in a tight bun at the back of their heads, held in position with a bone hairpin. They also wear colourful embroidered scarves. In the Tongshi area, women make their scarves into the shape of a hat and have red and yellow geometric patterns and long tassels decorated on them. Li women enjoy wearing jewellery and accessories such as earrings, necklaces and bracelets made of silver, copper, shells and pearls. In Tongshi and Ledong, women can be seen wearing strings of colourful pearls around their necks or hanging over their chests. The old tradition of tattooing the body and face is still widely evident.

Li men mostly wear collarless jackets. In Dongfang County, the jackets of men are not much different from those of women. Some of the men on the island also wear earrings.

### Food

The main staple food for the Lis is rice, along with corn, sweet potatoes and cassavas. The Lis also like to prepare salted meat which they eat accompanied with rice-flour noodles and wild vegetables. Sour meat is also produced to ensure long preservation. Li women are particularly fond of chewing betel nuts wrapped up in green leaves together with some ground sea shell powder. This local food is believed to be able to dye people's lips red after eating it.

### Dwelling

Their houses are mostly simple thatched huts built with grass, timber, bamboo and vine. They are divided into two main categories according to their outside appearance: the boat-shaped and the ridge-roof houses. The boat-shaped houses are unique to this region. Grass drapes from the arched ridge of the house all the way down to the ground, creating an image of a wooden boat. Within the boat-shaped category there are two further types: the ground type and the elevated type. An elevated house is built on bamboo stands with vines or bamboo serving as the floor. The top storey is for the family members while the underneath floor is for keeping domestic animals. The grass which constitutes the roof is changed every three to five years.

### Language

The Li language belongs to the Zhuang and Dong family of the Han-Tibetan system. Most of the Lis are able to speak Han Chinese since they have maintained a long association with the Han people. Previously the Lis had no script and used Chinese characters until their own script was developed.



### Marriage

Traditionally, when night falls, young men in groups of threes to fives go to the houses of girls in other villages, where they play nose flute or other instruments associated with courtship. When the man and woman have identified each other as ideal partners, they start singing love songs to express how they feel. In the past, arranged marriages were also practised. During those times, it was customary that a marriage was decided while the future partners were still in their childhood. Anyway, marriages between close relatives were forbidden.

The Lis have always practised monogamy. Betel nuts are the media for marriage. Once the girl has eaten a nut offered by the man's family, it indicates the confirmation of the engagement. Traditionally, the man's family had to offer expensive gifts to the girl's family. Other than betel nuts, rice, wine, clothing and decorative devices, the gifts also included silver coins and oxen. Those who could not afford the gifts would have to work for the girls' family for several years before they were allowed to bring their women home. The formality of bringing a wife home included a number of stages: seeing off the bride, welcoming the bride, the wedding feast, teasing the bride, husking rice



and singing. It was then very common that the bride returned to her parents' home, trailed by her husband. She would not move to her husband's house until she became pregnant.

### Religious beliefs

The Lis have a pluralistic religious life. In most cases they worship their ancestor. Some of them believe in gods of nature. For the Lis, religious belief has not reached the stage of separating gods from ghosts. Among their numerous ghosts, the most important one is the "ancestor ghost". There are also the thunder ghost, mountain ghost, land ghost, kitchen ghost and heavenly dog ghost.

Some Li people also believe in witchcraft, holding the view that witchcraft can inflict disease and death on people. "Forbidden men" and "forbidden women" are people well versed in witchcraft who are believed to "forbid" people to live. In addition, totem pole worship is also practised by the Lis.

### Festivals

Those living in communities near the Han people observe the same festivals as the latter, such as the Spring Festival, Lantern Festival, Dragon Boat Festival, Ghost Festival, Mid-Autumn



Festival and the Winter Solstice. The first day of the Chinese New Year (Spring Festival) sees the highlight of all celebrations when men of entire villages join in a hunting game which lasts two weeks until the Lantern Festival. The Lis in Dongjiang County hold a great gathering on the Third Day of the Third Month Festival to express good wishes for a bumper rice harvest and hunting.

Previous page: Husking rice (by Chan Yat Nin)

1. Busy weaving (by Chan Yat Nin)

2. A rural scene in Hainan (by Chan Yat Nin)

3. Li people drying their rice (by Quan Wen)











quick and nimble steps among the sticks and poles. The dance is very lively and humorous.

### Medicine

The Li people have a rich knowledge of medicine. Many traditional doctors understand the functions of more than a hundred types of herbal medicine. Methods used to treat patients include moxibustion, sweat-producing and hot compressing. Their medicine is particularly effective against snakebites and bites of rabid dogs.



*Translated by F. Huang*

1. An "amusement park" of the Lis (by Chan Yat Nin)
2. Li women's head decorations (by Yi Minghuang)
3. The Lis are very good at weaving and embroidery. (by Chan Yat Nin)
4. Men and women of the Li ethnic group (by Chan Yat Nin)

Throughout the night, bonfires are kept alight and young men and women clothed in their Sunday best sing love songs in small groups.

In the mountainous regions around Wuzhi Mountain, the Lis still follow their own traditional calendar. As a result, other than the Spring Festival, they do not share any other festival celebrated by the Han people. Instead, they hold celebrations in the third and seventh months after rice planting and on Ox Day in the tenth month, when they slaughter pigs, drink wine and engage in "fortune wishing" dances to the accompaniment of drums and gongs. The merry-making lasts throughout the whole night.

### Song and Dance

The Lis are an ethnic group particularly inclined to song and dance. Almost everyone can compose and sing their own songs which are created according to the site and atmosphere of the occasion. Verses are composed of five or seven words per line, and are highly rhythmic.

Musical instruments used by the Lis include the nose flute, mouth bow, water flute and cave flute. The nose flute, which is operated on air from the nose, produces a low and gentle sound, especially suited to expressing one's feelings. The mouth bow is made with thin bamboo or copper strips. When the musician activates these strips, a smooth musical sound is generated. The water flute on the other hand makes a high-pitched sound.

Their dances such as the "bells and double-sword dance", "firewood dance" and "rice husking dance" also have characteristics strongly flavoured by local life. To perform the "firewood dance", two long bamboo poles are laid parallel on the ground several feet apart. At each end of the poles are a number of people holding smaller wooden or bamboo sticks. As they bring the sticks together and apart on a regular basis, the dancers make





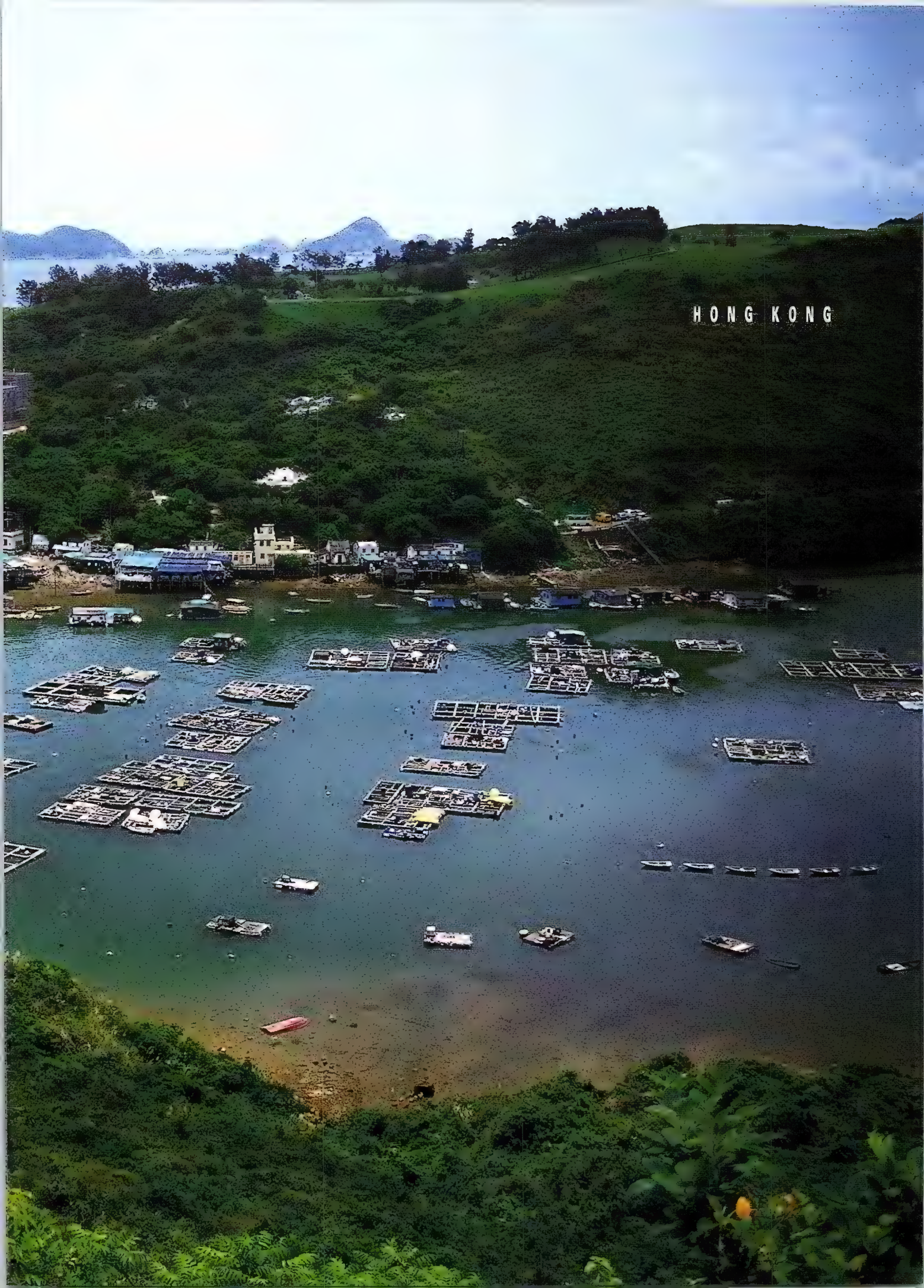


# A Day at Clear Water Bay

Photo: by So Long Chi and Chapman Lee    Article by So Long Chi



HONG KONG





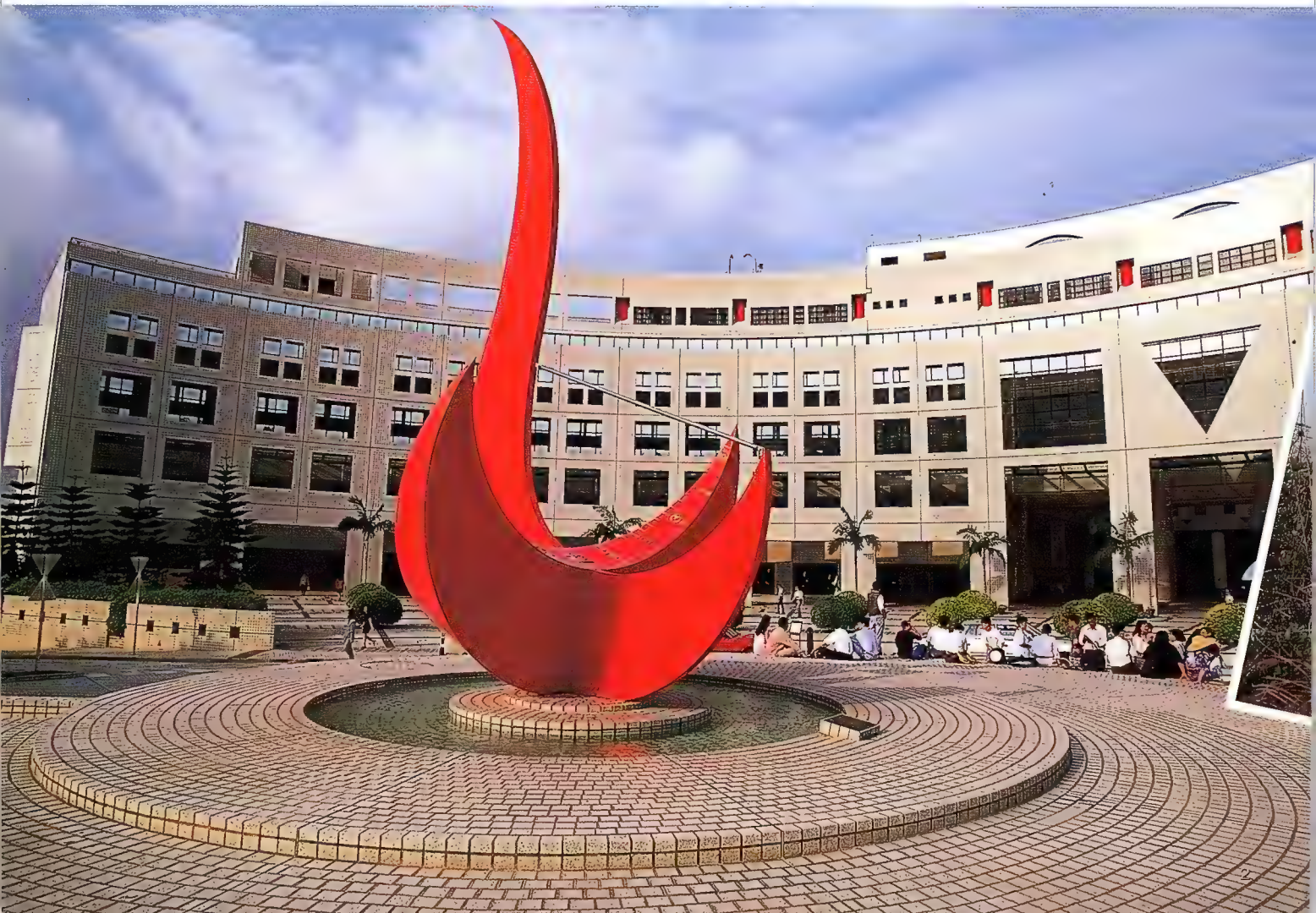


## The Hong Kong University of Science and Technology

The trip around Clear Water Bay begins from the Hong Kong University of Science and Technology (HKUST), the Landmark of Clear Water Bay. Well before coming into service, the HKUST had already been in the spotlight for its construction cost which exceeded the budget by a large margin. Was it really worth it? The architecture of the finished work may well have answered the question. The spectacular design and the well-coordinated use of colour make the university stand out among its counterparts in terms of glamour. Directly above the lobby is a big arched skylight measuring 34 metres by 34 metres, which looks out on a panoramic view of the university. And next to the university library is a vista terrace affording a view of the beautiful seascape of Sai Kung.

## TIU YUE YUNG (HIGH JUNK PEAK) TRAIL

Lying southwest of the university is High Junk Peak Trail. The peak is the highest on the Clear Water Bay Peninsula. Take a bus along Clear Water Bay Road and get off at the stop after Ng Fai Tin (Five Fields) on Hing Lung Road. The trail starts from a car park nearby. The first peak you will reach is the 260-metre-high hill Sheung Yeung. From here one can spot the islands of Ngau Mei Chau (Shelter) and Tiu Chung Chau, and the town of Tseung Kwan O. Tseung Kwan O has







evolved from a small fishing village into a large satellite town of Hong Kong. Continue southward along the ridges and High Junk Peak comes into sight. The peak somewhat resembles a female breast and is so called by the locals. A climb up a steep slope leads to the top. From here, one can have a full view of the seascape of Sai Kung. Even Chai Wan and Heng Fa Chuen on Hong Kong Island can be seen. Walking further down, one arrives at Sheung Sze Wan and Tai Au Mun.

## KITE-FLYING AT TAI AU MUN

Scattered about Tai Au Mun are kites of various designs. Kite-flying is very popular in the area and it is not just child's play, even adults are very much into it. There is also another way to fly a kite – to have a “kite fight”, a game in which the player tries to cut the strings attached to rivals' kites with his own. Of course, the strings are not made of ordinary material but of what is called “glass”, a coarse material. The player usually brings along a whole army of kites – tens of them – so that there is always another to take over after one “kisses the ground”. Here, families can be seen working together to make a kite fly. Small children are gaping at the successfully flying ones, which seem to bring their dreams alive – to be a pilot and fly an aircraft high in the sky.



Previous page: Po Toi O (by Chapmen Lee)

1. Touches of modernism can be found in every corner of HKUST.  
(by So Long Chi)

2. The Hong Kong University of Science and Technology (by Chan Yat Nin)

3. From Up where we belong: flying kites in Tai Au Mun (by Huang Yanhong)

4. An absorbed kite fiend (by So Long Chi)

5. Long Ha Wan Trail is also a popular site for kite-flying. (by Chapmen Lee)





## DIVING INTO THE COOL WATER

Roam over Tai Au Mun eastward and then climb a slope along the trail, and you can get to Tai Ling Dong, from where you can see Port Shelter, the sea around Clear Water Bay Peninsula, and the islands around it. Continue northward for an hour and you will find a gorgeous beach at Lung Ha Wan (Lobster Bay). Here, you can beat the heat by taking a dive into the clear, cool water. Other beaches that are just as cool are on Clear Water Bay. There, yachts are available for hire.



## WHERE HAVE THE PLANES GONE?

On Sundays, people are often found at the beach of Po Toi O flying remote-controlled model planes. Many of these model planes are meticulously designed to render their appearance and the noise made during flight as faithful as possible to those of the real ones. The average price for such a plane is no less than a thousand Hong Kong dollars (about US\$130). Nevertheless, some of them still occasionally run out of control and plunge to the ground or into the gullies. All the same, the model plane flyers' joy seems not to be spoilt by the possibility.





## THE HOT SPOT FOR SAMPLING SEAFOOD

A 20-minute walk southward from Po Toi O brings you to Hong Kong's largest Tin Hau Temple. This 700-year-old temple was built during the Song Dynasty and is one of Hong Kong's major ancient historical sites. A Song-dynasty stone engraving erected behind the temple still stands. At the crossroads, a long line of cars is filing into Po Toi O, as people swarm into what has recently emerged as a highly popular spot to taste seafood. By a typhoon shelter, a dozen seafood stalls have been set up. Fish, shrimps, crab and lobster, etc. are all prepared in delicious dishes such as steamed shrimps, clams stir-fried with peppers and salted black beans, and crabs steamed with ginger and shallot, to name but a few. The scent of them wafting from the kitchens is really enough to whet your appetite!



*Translated by Winston Yau*

1. Beach No. 2 of Clear Water Bay (by Chapmen Lee)
2. Half way up Tiu Yue Yung Peak, one can take a rest. (by So Long Chi)
3. Families having fun and relaxing (by So Long Chi)
4. Free parking service is provided by the owners of the seafood stalls at Po Toi O. (by So Long Chi)



## TIPS FOR THE TRAVELLER

**Route 1:** HKUST → Tai Au Mun → Clear Water Bay → Tin Hau Temple → Po Toi O

Take bus No. 298 at Lam Tin to get to HKUST. To go to Tai Au Mun, take bus No. 91 at the university. Get off at the roundabout and walk along Tai Au Mun Road for 20 minutes to Tai Hang Ton, the site for barbecues and kite-flying. From there, you can also hike on Lung Ha Wan trail, which stretches from Tai Hang Ton in the south to Lung Ha Wan in the north. It takes about an hour to complete the journey. Lung Ha Wan Road connects Lung Ha Wan to Clear Water Bay Road, from which Tai Au Mun Road branches. You can walk down Tai Au Mun Road or take a bus to reach Clear Water Bay, where you can see people flying model planes on the beaches. A further 20-minute walk southward along the road brings you to Tin Hau Temple. Starting from the temple, a road running to the east leads you to Po Toi O. A mini-bus runs from there to Junk Bay (Tseung Kwan O).

\*Arrangements: Morning tour of HKUST, kite-flying at Tai Hang Ton or swimming at Clear Water Bay in the afternoon, enjoying seafood at Po Toi O.

\*Food: Restaurants in HKUST, food stalls in Tai Au Mun and on the beaches of Clear Water Bay, seafood stalls in Po Toi O

\*Note: At Tai Au Mun, kites are on sale at food stalls, and there is a barbecue site.

**Route 2:** HKUST → Tiu Yue Yung Trail → Flying model planes at Clear Water Bay → Tin Hau Temple → Po Toi O

Tour HKUST in the morning then take bus No. 91 and get off after passing a stop at Five Fields. The eight-kilometre-long Tiu Yue Yung Trail starts here and ends at Tin Hau Temple. Shelter Island and Tiu Chung Chau on Port Shelter come into sight on your way. It takes four hours to complete the journey. Nevertheless, the path beyond Sheung Lau Wan is now blocked by rock mining, and one has to turn east to walk to Tai Au Mun road. Down on the beaches of Clear Water Bay are the sites for flying model planes. The rest of the itinerary is the same as that of route 1.

\*Arrangements: Morning tour of HKUST, afternoon walk on Tiu Yue Yung Trail, enjoying seafood at Po Toi O

\*Altitude: A climb up Mt. Sheung Yeung brings you to a height of more than 100 metres above sea level. The peak of Tiu Yue Yung is about 50 metres higher. The trail is rugged and steep but short and clear-cut. Road signs are erected along the trail. The journey is not as demanding as you may imagine and is suitable for a family outing.

\*Food: Restaurants in HKUST, seafood stalls in Po Toi O

\*N.B.: There is no shelter throughout the trail and so a hat and bottles of water are recommended.





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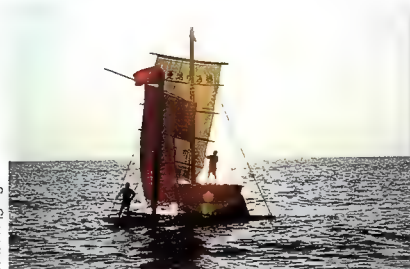
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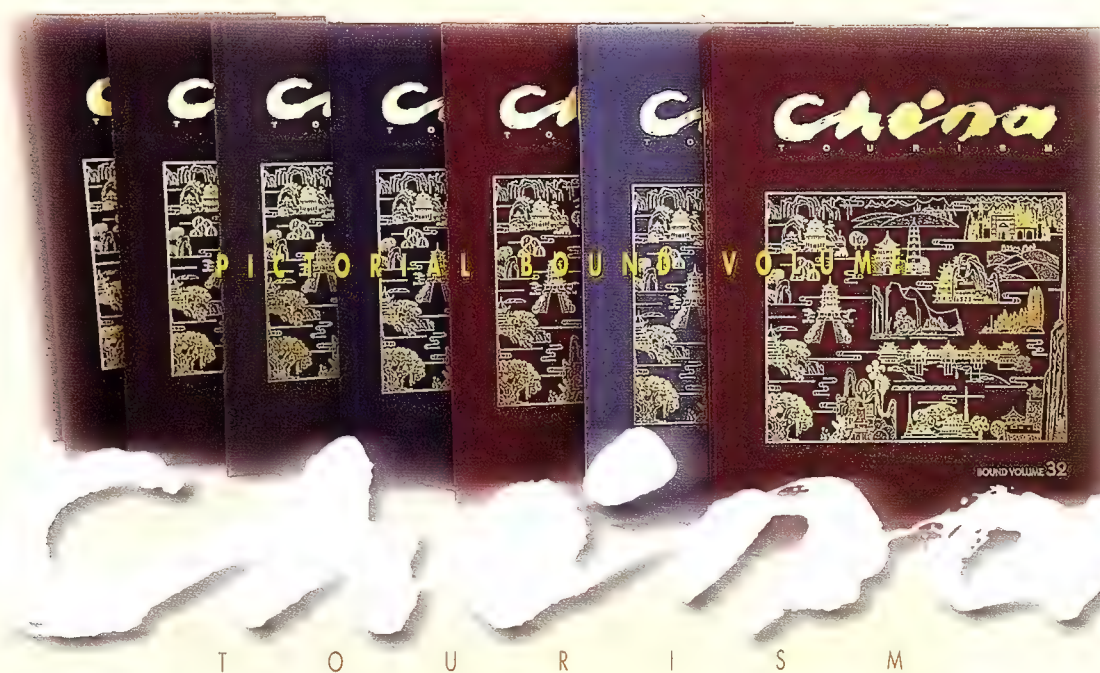
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This is another one of the largest tourist centres established by China Travel Service (Holdings) H.K.Ltd. in the Shenzhen Overseas Chinese Town. Covering an area of 480,000 sq.m., it adjoins Splendid China and China Folk Culture Villages as well. Here we've assembled the marvellous sights and sites of historical interest in the world, the ancient and modern natural landscapes and attractions as well as dwelling houses and celebrated sculptures, etc., totalling 118 scenic spots. Among them are the world-famous Eiffel Tower of France, the Buckingham Palace of Britain, the Pyramid of Egypt, the Grand Canyon of America, the waterside villages in South-East Asia and Europe-style dwelling houses, etc.

Apart from folklore and theatrical performances in the scenic centre, tourists can easily get access to different means of traffic such as the elevated single-track car with a circular route, electromobile, Europe-style ancient carriage, Gypsy caravan, old-fashioned car, etc. And in the comprehensive service area, we cater the delicacies of season, and handicrafts and souvenirs with consummate skills of various countries, which await your choice. What's more, you may even find entertainment on the Carnival Night when teams of artists parade before you by presenting the delightful programmes of multi-national art and culture and customs.

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